



Bethel Estates

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

March 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

#304 Shirley
#431 Anne

Visit our website :
www.BethelEstatesOnline.com to
view our Newsletter online.



Inspections Begin in March

Here's what our team of inspectors will be looking for:
No evidence of pests
Outlet accessibility
Clear walk space of 36" to 42" to move freely about
Entry door and all room doors MUST open completely
Closet doors must freely open and close
Trash/ trash bags must be removed
Kitchen appliances must be clean and not present safety issues
No open food containers or food residue/spillage
Bathroom - No mildew or stains
All windows must be accessible
No presence of offensive odor
Clearing of heating and cooling ventilations
Floors clean
Emergency cords hanging down

FRAUD PRESENTATION

Your Erie County Comptroller, Stefan Mychajliw, will be here on March 13, 2018 at 1 p.m. Don't miss his important presentation about fraud issues and scams. Take away information will be provided.

RESIDENT REMINDERS

Catie, the Accounts Manager, has asked that any checks or payments be put directly into the RENT DROP slot on the office door. Be sure you write your apartment number on every check.

THERE IS A LOST AND FOUND BOX IN THE OFFICE FOR TURNED-IN ITEMS

Whenever we have a shipment of bread items, be a good neighbor and kindly limit your selection to one or two items only.

ANNUAL INSPECTIONS

Annual inspections will begin at 9 a.m. on Thursday, March 15, 2018 for **Apartments 101-133 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!

SHINGLES SEMINAR & CLINIC

On Tuesday, March 20, 2018 from 11 a.m to 1 p.m. **Wegmans Pharmacy** will be here to provide information about the newest Shingles vaccine. The vaccine will be administered after the seminar for anyone who wishes to get it. Refreshments will be provided.

BE A GOOD NEIGHBOR

One kind deed can make a difference in someone's life.
Act in a cooperative respectful manner within the community at all times.
Treat your neighbors as you would like to be treated.
Guests must follow our code of conduct.



Trivia Whiz

'Favorite Things' About a Classic Film

From the memorable melodies to the picturesque scenery, "The Sound of Music" is one of the most beloved movie musicals of all time. Climb over this mountain of film facts:

"The Sound of Music" was released in the U.S. on March 2, 1965. It was so popular, it played in theaters for 4 1/2 years.

It was the last musical written by Richard Rodgers and Oscar Hammerstein.

The cast spent nearly three months filming in the city of Salzburg, Austria.

Stars Julie Andrews and Christopher Plummer both learned guitar for the movie, but Plummer's singing and guitar-playing were dubbed in the final cut.

The movie won five Oscars, including best picture.

Irish Heritage in America

This is the month for celebrating all things Irish. According to the U.S. Census Bureau, more than 30 million people in the U.S. can trace their roots to the Emerald Isle. That number is more than seven times the population of Ireland.

The biggest wave of immigrants arrived in the mid-1800s to escape the Irish Potato Famine, which began after a fungus destroyed most of Ireland's potato crop, a staple food, for several years. Large populations settled in New York City, Boston, Chicago and Philadelphia.

The Irish brought with them many traditions that made their way into American culture. Most famously, the St. Patrick's Day holiday has become an annual celebration of their heritage that includes parades, shamrocks and the wearing of green. The day's festivities wouldn't be complete without a meal of corned beef and

cabbage, an American version of the Irish dish of bacon and cabbage. Irish stew, soda bread and colcannon are also part of the cuisine brought to America.

Irish music, with an emphasis on fiddles, played a part in the foundation of America's folk and country music. Lively Irish step dancing became popular entertainment, with shows and competitions still prevalent today.



Tips for Conquering Crosswords

If you've ever had a crossword get you down and out, grab a pencil and take note of these strategies that can help you become a puzzle master:

Get a good start. Solve the fill-in-the-blank clues first. They are typically easier, and getting those words in the grid will give you a mental boost. Next, focus on filling in the entries for three-, four- and five-letter words, which tend to be familiar answers used in many puzzles.

Pencil in endings. If a trying clue indicates the answer is a plural word or

phrase, go ahead and fill in the "S" on the grid. If a clue signals a word in past tense, pencil in the letters "ED." While not always correct, this strategy may help you solve or verify connecting words.

Watch for wordplay. A question mark at the end of a clue usually suggests a clever play on words. For example, the clue "Eavesdropper?" would yield the answer "Icicle."

Take a break. If you get stumped by a specific clue, move to another area of the puzzle, or put the crossword down for a while. The answer may come to you after you've let your mind rest.

Use resources. Consult a good dictionary, almanac or other reference if you're stuck. And don't forget to ask friends and family!

Health Perks of Positivity

March is Optimism Month, but those who make a year-round habit of looking on the bright side may reap a number of health benefits.

Better physical health. Optimists tend to have reduced rates of heart attack and stroke, as well as lower blood pressure and better cholesterol levels. Evidence suggests that those who have a positive outlook are more likely to exercise, eat well and get enough sleep.

Increased life span. Since optimism and good health often go hand in hand, it follows suit that people who view life through rose-colored glasses are apt to live longer. A study of centenarians found that the majority had positive attitudes.

Stronger immune system. Research shows that being optimistic about a stressful situation can raise the body's immune response, increasing its ability to fight infection and disease.

Lower depression rate. Compared to pessimists, optimists are often more social, handle stress better and are more resilient. These qualities can help ward off depression.

Better problem-solving. When faced with a dilemma, optimists typically are better at moving quickly to find a solution rather than dwelling on the problem.

Faster recovery. Recovery rates show that people with sunny dispositions bounce back from illness and injury faster than those who are less hopeful.

March is Optimism Month

The Wings of Spring

If you need a signal that spring is just around the corner, look to the skies. Many migrating birds are now making their way to nesting grounds and rest areas, including these feathered favorites:

Cliff swallows. One of the most famous symbols of spring is the return of these birds to Mission San Juan Capistrano in Southern California. Flying 6,000 miles from Argentina, the swallows reach the area around March 19.

Sandhill cranes. In late February, these cranes begin leaving their winter homes in the Southern U.S. and Mexico to set up camp in Canada, Alaska and Siberia. Throughout March and early April, half a million of the birds will make a pit stop in Nebraska's Platte River valley to rest and fuel up on food before continuing north.

Long-billed curlews. As temperatures turn warmer, these shorebirds—the largest in North America—move from the coastlines and Mexico to the continent's west-central grasslands. Bird-watchers are in for a spectacular show as male curlews perform looping flight patterns while making their sharp "whit-whit" calls.

Red knots. Their 9,300-mile spring migration from South America to the Arctic is one of the longest trips of any bird, and a ready supply of eggs spawned by horseshoe crabs draws thousands of red knots to stop in Delaware Bay. During this feast, it's estimated that 90 percent of the species' population can be seen there in a single day.



Wit & Wisdom

"Are you looking for gold, friend? Look around you; anything useful to you is pure gold, pure silver!"
—Mehmet Murat Ildan

"The man who treasures his friends is usually solid gold himself."
—Marjorie Holmes

"Fire is the test of gold; adversity, of strong men."
—Seneca

"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."
—J.R.R. Tolkien

"Truth, like gold, is to be obtained not by its growth, but by washing away from it all that is not gold."
—Leo Tolstoy

"Gold is good in its place; but living, brave, patriotic men are better than gold."
—Abraham Lincoln

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="font-size: 4em; color: black;">March</h1>				1 RENT IS DUE Meditation Group 3:30 To 4:30 p.m. BINGO 6:30 p.m. Happy Birthday #430 Harry	2 SCRABBLE 1:15 p.m.	3 Catholic Communion Service 4 p.m. Happy Birthday #339 Jeanette
4 HOPE Fellowship 11:00 a.m. Happy Birthday #166 Florence Louise- Office	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin! BIBLE STUDY 7 p.m. Happy Birthday #146 Dorothy #248 Sharon	6 Book Mobile 1:45 To 3:15 p.m. Senior YOGA 10:00 a.m.	7 Shopping Bus Wal-Mart 10:30 a.m. Coloring & Crafts 6 p.m. To 8 p.m.	8 Catered Luncheon 1 P.M. Meditation Group 3:30 To 4:30 p.m. BINGO 6:30 p.m. Happy Birthday #239 Rosemarie	9 SCRABBLE 1:15 p.m.	10 Catholic Communion Service 4 p.m. Move Your Clock AHEAD 1 Hour Tonight!! Happy Birthday #156 Pauline #425 Donald
11 Daylight Saving Time Begins HOPE Fellowship 11:00 a.m. Happy Birthday #354 Margaret	12 BIBLE STUDY 7 p.m.	13 Senior YOGA 10:00 a.m. FRAUD Presentation by Erie County Comptroller 1 p.m.	14 Shopping Bus Wal-Mart 10:30 a.m. Coloring & Crafts 6 p.m. To 8 p.m.	15 ANNUAL INSPECTIONS Apts. 101-133 Only Meditation Group 3:30 To 4:30 p.m. BINGO 6:30 p.m.	16 SCRABBLE 1:15 p.m. Catered Dinner 5:45 p.m. Happy Birthday #224 Robert #229 Lois	17 Catholic Communion Service 4 p.m. Happy St. Patrick's Day Happy Birthday #417 Josephine
18 HOPE Fellowship 11:00 a.m. Happy Birthday #121 Patricia #134 Frederick #410 Patricia	19 BIBLE STUDY 7 p.m. Happy Birthday #203 Alan	20 Senior YOGA 10:00 a.m. Wegmans Pharmacy Shingles Seminar & Clinic 11 a.m. To 1 p.m.	21 Shopping Bus Wal-Mart 10:30 a.m. Coloring & Crafts 6 p.m. To 8 p.m. Happy Birthday #443 David	22 Meditation Group 3:30 To 4:30 p.m. BINGO 6:30 p.m. Happy Birthday #149 Johnny #409 Joan	23 SCRABBLE 1:15 p.m.	24 Catholic Communion Service 4 p.m. Happy Birthday #330 Dorothy #414 Jennie
25 PALM SUNDAY HOPE Fellowship 11:00 a.m. Happy Birthday #262 Ursula	26 BIBLE STUDY 7 p.m. Happy Birthday #109 Richard #253 Patricia #446 Marianne	27 Senior YOGA 10:00 a.m.	28 Shopping Bus Wegmans 10:30 a.m. Coloring & Crafts 6 To 8 p.m.	29 Meditation Group 3:30 To 4:30 p.m. BINGO 6:30 p.m. Happy Birthday #353 Howard	30 Good Friday SCRABBLE 1:15 p.m. Catered Fish Fry 5:45 p.m. Passover Begins at Sundown	31 Catholic Communion Service 4 p.m. Happy Birthday #460 Marc