



# Bethel Estates

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

[www.bethelstatesonline.com](http://www.bethelstatesonline.com)

## September 2021

### IMPORTANT NUMBERS

Maintenance Emerg. .... 648-6444  
Leasing Office ..... 648-6444  
CSC Laundry ..... 1-800 622-4729  
Hair Salon (Vicky) ..... 941-5574  
HAMBURG POLICE ..... 648-5111  
Hamburg Senior Van ..... 646-1666  
Post Office ..... 649-1631

### OFFICE HOURS

Mon.-Fri. .... 11 a.m.-4:30 p.m.

### WELCOME, NEW RESIDENTS

#103	Michael
#240	Rosario
#252	Harold
#365	Wendy
#411	Darrell



### ANNUAL PICNIC ON THE PATIO

We are happy to announce the **Bethel Estates Resident Picnic** will take place on Thursday, September 23, 2021 beginning at 12 Noon.

Please continue to social distance as you wait to enter the Community Room. Picnic is for residents only, no guests please.

Rain date will be Friday, September 24, 2021, 12 Noon.

### International Day of Charity

Whether it's your time, talent or treasure, World Charity Day on Sept. 5 was created to inspire people to donate to causes close to their heart.

### SHOPPING BUS UPDATES

Thank you to all who responded to the resident Shopping Bus Survey. The Town Hall Plaza location received the

most favorable response with Big Lots Plaza (2nd) and TOPS Market (3rd).

Beginning September 7, 2021, we will add The Town Hall Plaza to the bus schedule. Save the enclosed copy of the schedule for your convenience.

## Team Member Spotlight

Brian Johnson joined our Bethel Estates Maintenance Department in May of 2021. He comes to us with many years of maintenance experience. In his leisure time he enjoys woodworking and gardening. A Southtowns resident, Brian is the proud owner of 2 dogs and 2 cats.

**BINGO BEGINS THIS MONTH ON THURSDAY, September 16, 2021, at 6:30 p.m.! Check calendar.**

### FLU SHOT CLINIC

The Independent Nursing Staff will be at Bethel Estates on **WEDNESDAY, September 15, 2021**, beginning at 9:30 a.m. until 11:30 a.m. to administer annual Flu Shots. Bring your Insurance Card with you. No appointment is necessary if you come between the above hours.

### Commemorating 9/11

2021 marks the 20th anniversary of 9/11. Dedicated to honoring those who died on that tragic day, each Sept. 11 is observed as Patriot Day and a National Day of Service and Remembrance.

### MAINTENANCE CORNER

To arrange a work order to have large items removed from your apartment, call the office. Charges will be invoiced after the work is completed.

You or a family member may also take items to the dumpster inside the green fenced area in the SOUTH lot through Door #8.



## Trivia Whiz

### Time for Lunch

A quick break, usually around noon, lunch is a time to feed your body, rest your brain and recharge for the next part of your day.

Why do we call it lunch? It's a short form of the word luncheon, which was used as far back as the 1500s to describe a light meal in between two bigger meals.

The midday bite to eat became an essential and portable meal away from home during the Industrial Revolution of the 1800s. Workers needed the break to keep up with their long hours at factory jobs.

Sandwiches are standard lunch fare in America, France and the Netherlands.

In some countries, such as Brazil, Spain, Russia and Saudi Arabia, lunch is often the main meal of the day and may take place later in the afternoon.

### A Tip of the Hat

The Labor Day holiday is an annual salute to workers. In several occupations, the hat worn while on the job has become a recognizable part of the profession.

*Hard hat.* Due to the on-the-job dangers involved in trades such as construction, mining, and power line maintenance, hard hats are required safety gear. Inspired by metal helmets that protected soldiers in World War I, hard hats were invented in 1919.

*Chef's hat.* When it comes to cooking, the towering white hat that chefs wear is a toque, the French word for "hat." In the early days of the craft, the hat's height and number of pleats signified skill and rank—the taller the hat and the more pleats, the more experienced and important the chef.

*Firefighter's helmet.* The helmet worn by these first responders is a widely recognized symbol of the profession, representing bravery and honor. The

color and stripes on a firefighter's helmet can indicate their rank.

*Military covers.* Those who serve in the armed forces wear a hat, called a cover, as part of the uniform of their branch. There are covers for service and formal dress uniforms as well as specialized ones used in combat.



### In Remembrance of 9/11

Described as "a tribute to the past and a place of hope for the future," the 9/11 Memorial in New York City honors all who lost their lives on Sept. 11, 2001.

Built on the site of the former World Trade Center complex, the memorial's focal points are two reflecting pools that sit where the north and south towers once stood. Water cascades 30 feet over the pools' black granite walls, creating massive waterfalls. Inscribed on the bronze railings surrounding each pool are the names of the 2,983 victims of the 9/11 terror attacks and the Feb. 26, 1993, bombing of the World Trade Center.

A park with over 400 trees surrounds the memorial and includes a special symbol of resilience, the Survivor Tree.

The damaged pear tree was found during the cleanup at ground zero and rehabilitated.

The memorial was dedicated in 2011, on the 10th anniversary of 9/11. In 2014, the underground 9/11 Memorial Museum opened and displays thousands of artifacts and multimedia exhibits.

Another powerful memorial that commemorates the historic date is New York City's annual Tribute in Light. From dusk to dawn on Sept. 11, dozens of searchlights are used to create two beams of light that resemble the former twin towers standing within the city's skyline.

**2021 marks the  
20th anniversary of 9/11**



### A Healthy Start to the Day

It's called the most important meal of the day, so fill up on these tips for a better breakfast.

A good breakfast kick-starts your day, providing energy and keeping your body fueled until lunchtime. The main nutrients needed to make this possible are protein and fiber. Complex carbohydrates and healthy fats round out a complete breakfast.

Eggs, cheese, yogurt, and nuts are smart protein sources for breakfast time. For fiber and carbs, turn to fruits and vegetables, as well as whole grains, which take longer to digest and help you stay full. Whole-grain options include whole-wheat bread and English muffins, oatmeal, and some cereals. Dairy products and nuts or nut butters will provide you with beneficial fats.

For a balanced breakfast, combine foods from each nutrient type. Try whole-wheat toast or an English muffin with peanut butter and sliced fruit; an omelet or scrambled eggs with cheese and veggies; oatmeal topped with fresh fruit, nuts and seeds; or a parfait or smoothie made with fruit and yogurt.

If you have a small appetite in the morning, dietitians say it's fine to split your breakfast into snack-sized portions.

### The Buzz on Bee Species

They're some of the best-known pollinators, essential to helping crops and flowers grow. Here's the buzz about some common types of bees:

*Honeybee.* The world's most famous bee species, honeybees are prized for the sweet, golden honey they produce from nectar. To feed their hives, honeybees collect pollen in special "baskets" on their legs.

*Bumblebee.* Though larger and fuzzier than honeybees, bumblebees also live in groups and make honey, although not on a large enough scale for harvesting. Bumblebees move so quickly that they make a buzzing sound, which vibrates pollen off of flowers and onto their bodies.

*Carpenter bee.* A bit larger than bumblebees, carpenter bees are recognized by their smooth, mostly black bodies. They're sometimes considered pests because they drill holes and build nests in old wood, including buildings.

*Sweat bee.* These tiny bees are attracted to salt found in perspiration, so they tend to buzz around people. Solitary and peaceful, they come in many colors, including metallic blue and green.

*Leafcutter bee.* You may have seen a female leafcutter bee hard at work trimming away pieces of foliage, which she uses to build a nest for her eggs. These solitary bees are efficient pollinators, since the pollen they carry on their bellies, not their legs, easily falls off from plant to plant.



### Wit & Wisdom

"It's only through listening that you learn."  
—Drew Barrymore

"Learning is a treasure that will follow its owner everywhere."  
—Chinese proverb

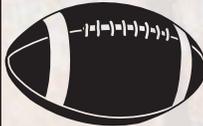
"When you make mistakes and you recover from them and you treat them as valuable learning experiences, then you've got something to share."  
—Steve Harvey

"I'm a very strong believer in listening and learning from others."  
—Ruth Bader Ginsburg

"I never learn anything talking. I only learn things when I ask questions."  
—Lou Holtz

"The beautiful thing about learning is that nobody can take it away from you."  
—B.B. King

# September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September</h1>			<p>1</p> <p><b>RENT IS DUE</b></p> <p>Gentle Senior <b>YOGA</b> 10 a.m. To 11 a.m.</p> <p><b>Coloring Night</b> 6 to 8 p.m.</p>	<p>2</p> <p><b>Shopping Bus</b> Wal-Mart 10:30 a.m.</p> <p><b>Coloring &amp; Crafts</b> 6 p.m. To 8 p.m.</p> <p><b>Happy Birthday</b> #321 Dennis #464 Joan</p>	<p>3</p>  <p>You Can View This Newsletter on Our Website At: <b>Bethelestatesonline.com</b></p>	<p>4</p>
<p>5</p> <p><b>Services</b> 9:00 a.m. Agape Catholic Fellowship 11:00 a.m. HOPE Fellowship</p> <p>Last Day to Pay Rent</p> <p><b>Happy Birthday</b> #251 Velma</p>	<p>6</p> <p><b>LABOR DAY</b></p> <p><b>OFFICE CLOSED</b></p> <p><b>BIBLE STUDY</b> 7 p.m.</p> <p><b>Happy Birthday</b> #312 Camille</p>	<p>7</p> <p><b>Shopping Bus</b> Town Hall Plaza 10:30 a.m.</p> <p><b>Erie County Bookmobile</b> 1:30 p.m. To 3 p.m.</p> <p><b>Happy Birthday</b> #223 Jonathan</p>	<p>8</p> <p>Gentle Senior <b>YOGA</b> 10 a.m. To 11 a.m.</p> <p><b>Coloring Night</b> 6 To 8 p.m.</p> <p><b>Happy Birthday</b> #106 Nanette #159 Patricia</p>	<p>9</p> <p><b>Shopping Bus</b> Town Hall Plaza 10:30 a.m.</p> <p><b>Happy Birthday</b> #419 Arlette</p>	<p>10</p> <p><b>Movie Night</b> 6:30 p.m.</p>	<p>11</p> <p><b>REMEMBER Patriot Day</b></p>
<p>12</p> <p><b>Services</b> 9:00 a.m. Agape Catholic Fellowship 11:00 a.m. HOPE Fellowship</p>	<p>13</p> <p><b>BIBLE STUDY</b> 7 p.m.</p> <p><b>Happy Birthday</b> #102 Catherine #123 Betty</p>	<p>14</p> <p><b>Shopping Bus</b> Wal-Mart 10:30 a.m.</p>	<p>15</p> <p><b>FLU SHOT CLINIC</b> 9:30 a.m. To 11:30 a.m.</p> <p>Gentle Senior <b>YOGA</b> 10 a.m. To 11 a.m.</p> <p><b>Coloring Night</b> 6 To 8 p.m.</p> <p><b>Happy Birthday</b> #433 Raymond</p>	<p>16</p> <p><b>Shopping Bus</b> Wal-Mart 10:30 a.m.</p> <p><b>BINGO 6:30 p.m.</b></p> <p><b>Happy Birthday</b> #139 John #207 Nancy #229 Donna</p>	<p>17</p> <p><b>Happy Birthday</b> #402 Sharon</p>	<p>18</p> <p><b>Happy Birthday</b> #211 Joan #329 Cynthia</p>
<p>19</p> <p><b>Services</b> 9:00 a.m. Agape Catholic Fellowship 11:00 a.m. HOPE Fellowship</p>	<p>20</p> <p><b>BIBLE STUDY</b> 7 p.m.</p> <p><b>Happy Birthday</b> #247 Richard</p>	<p>21</p> <p><b>Shopping Bus</b> Wal-Mart 10:30 a.m.</p> <p><b>Supper 5:30 pm</b></p> <p><b>Red White &amp; Blue Band 7 p.m.</b></p>	<p>22</p> <p>Gentle Senior <b>YOGA</b> 10 a.m. To 11 a.m.</p> <p><b>Coloring Night</b> 6 to 8 p.m.</p>	<p>23</p> <p><b>Shopping Bus</b> Wal-Mart 10:30 a.m.</p> <p><b>RESIDENT PICNIC</b> 12 NOON</p> <p><b>BINGO 6:30 p.m.</b></p> <p><b>Happy Birthday</b> #258 Julia</p>	<p>24</p> <p><i>Refer Your Friends</i></p>  <p><i>Be Rewarded!</i></p>	<p>25</p> <p><b>Happy Birthday</b> #253 Melanie</p>
<p>26</p> <p><b>Services</b> 9:00 a.m. Agape Catholic Fellowship 11:00 a.m. HOPE Fellowship</p>	<p>27</p> <p><b>BIBLE STUDY</b> 7 p.m.</p>	<p>28</p> <p><b>Shopping Bus</b> Wegman's 10:30 a.m.</p>	<p>29</p> <p>Gentle Senior <b>YOGA</b> 10 a.m. To 11 a.m.</p> <p><b>Coloring Night</b> 6 to 8 p.m.</p>	<p>30</p> <p><b>Shopping Bus</b> Wegman's 10:30 a.m.</p> <p><b>BINGO 6:30 p.m.</b></p> <p><b>Happy Birthday</b> #246 Brenda #333 Geronimo #345 Nancy</p>	<h1>HEALTHY AGING MONTH</h1>	