



Bethel Estates

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

October 2023



IMPORTANT NUMBERS

Maintenance Emerg. 648-6444
Leasing Office 648-6444
Hercules Laun 1-800-526-5760
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.
Phone 716-648-6444
Fax 716-648-1460



107 Elizabeth
154 Donna
303 Michael
418 Richard

A Word From the Office

Please make sure that you inform the office whenever you change your phone number. Having the correct phone number will enable you the use of our intercom system. Also ensures you receive important messages sent out by our one call system.

ANNUAL INSPECTIONS

Annual inspections will begin at 9 a.m. on Thursday, October 19, 2023, for **Apartments #434 to #466 only**. You do not have to be home when Bethel Staff inspects your apartment.

Tip From Debbie, Your Accounts Manager

Since there is limited space in the rent drop box, please refrain from placing your rent check in an envelope. It is not necessary. Conserve space, save an envelope & save the trees.

Halloween

Join us for a Halloween Movie Spooktacular October 31st @ 1:00pm in the community room. Enjoy some free Halloween treats.



New Animal on Property

Please review your pet policy as it indicates the office must be informed prior to bringing any new animals onto the premises. If an animal is brought onto the premises without proper paperwork, it would be a violation of your lease.



All Animals

Please keep in mind that here at Bethel we require updated vaccination records and an updated license (dog) for any animal on Bethel property. Please contact the office if you're unsure about the status of your animals' records.

Scooter Reminders

Be mindful of your surroundings while near motorized scooters, especially in small areas. Kindly step aside when possible. Drivers of scooters need to back up with caution by checking behind them before proceeding. Please display patience when behind a person who is walking.

Sam's Corner

Effective immediately there will be no FREE table. Any items left in the common areas such as the community room, laundry room and elevator landings will be removed and the resident responsible will be charged a removal fee.

THIS EXCLUDES BREAD.



Trivia Whiz

Savvy About Superstitions

How many of these common superstitions are you familiar with?

Prevent jinxing yourself by knocking on wood. Old legends say that good spirits reside in trees, and touching the wood shows gratitude or seeks protection.

Sporty superstitions include lucky clothing that cannot be washed, growing out a beard to compete better during playoffs, or eating a specific meal to win a game.

Having a cricket in your home is seen as a sign of good fortune. That is, if you can get past the constant chirping!

If a penny is found heads up, then grab it for good luck. But if it's heads down, better leave it on the ground.

Rub that lucky rabbit's foot! This symbol of good luck dates back to the 16th century.

RENTERS' INSURANCE

Did you know that renters' insurance will cover occurrences that lead to the loss of personal property, including events like storms, fire and theft?

Renters' insurance is not mandatory at Bethel Estates, but is highly recommended. Renters' insurance is very inexpensive and could end up saving you money. If you already have an auto policy, you can give them a call for a quote on renters' insurance.



Improve Your Hand Strength

Research shows that hand strength is often an indicator of overall well-being. Improving grip power can help you maintain independence and lower your risk of injury. Try this simple exercise: Extend your palm and touch your thumb to each finger, one at a time, to make an "O." Hold and squeeze each "O" for 15 to 30 seconds. Repeat the complete exercise three times per hand.

Let There Be Light

The outside lighting around our community is an important safety and convenience issue. If you notice lights burned out anywhere on the property, please notify the office and we'll take care of it right away.



Try Out an Orange Food

Have you heard the phrase "eat the rainbow"? This advice ensures that you're meeting various health needs, since the color of a fruit or vegetable is often linked to specific nutrients. This month, reach for orange foods to match the season's changing leaves and rake in a bounty of benefits.

Vibrant orange produce gets its hue from carotenoids, which act as powerful antioxidants and provide protection at the cellular level. Many

carotenoids are transformed into vitamin A when ingested, supporting healthy vision and a strong immune system. Three daily servings of orange fruits and vegetables can also improve the appearance of your skin.

Orange foods are commonly high in potassium and vitamin C, helping the body fight infection, improve cardiovascular health and maintain healthy nerves and muscles. An orange-filled diet also aids the reproductive system, which regulates hormones and is important for your brain—affecting mood and cognition.

The obvious fruit, an orange, is a solid choice, but other smart selections include mangoes, apricots, papayas or kumquats. Vibrant vegetables include sweet potatoes, carrots, pumpkins and butternut squash.



Sydney Opera House: A Golden Milestone

Australia's top tourist destination, the Sydney Opera House, is celebrating 50 years! Officially opened on Oct. 20, 1973, by Queen Elizabeth II, this UNESCO World Heritage Site welcomes nearly 11 million visitors annually.

This symbol of modern Australia takes up the entirety of Bennelong Point, an island in the Sydney Harbour. The roof of the Opera House is one of its famous features. Resembling ship sails, it consists of 2,194 precast concrete "shells" that weigh up to 15 tons each. Anchored with concrete piers that go 82 feet below sea level, the entire construction is as tall as a 22-story building.

The famous performing arts structure was designed by architect Jørn Utzon. The project took 14 years to complete (a decade longer than expected!) and went wildly over the budget of \$7 million, with a final cost of \$102 million.

The first performance occurred in 1960, before the building was finished. American vocalist Paul Robeson climbed the scaffolding and sang "Ol' Man River" for the construction workers on their lunch break. Since then, iconic performers have included Ella Fitzgerald, Joan Sutherland, Bob Dylan, The Cure and Prince. The Opera House has also hosted memorable figures such as Nelson Mandela, Arnold Schwarzenegger and Pope John Paul II.

Don't Miss This Solar Eclipse!

This month brings an exciting sky event to those of us in the Western Hemisphere. On Oct. 14, a narrow path from the Oregon Coast to the Texas Gulf Coast will experience an annular solar eclipse, and the rest of the continental U.S. will be able to view a partial solar eclipse.

An annular solar eclipse occurs every one to two years, when the moon passes between the sun and Earth. The moon will appear smaller than the sun because it is farther away from Earth than during a total solar eclipse. Because of this, a "ring of fire" will appear behind the moon, as the sun won't be completely blocked out. The partial solar eclipse, however, will reveal the sun as a crescent shape when the moon crosses in front of it because the viewing angle doesn't provide a perfect lineup of the Earth, moon and sun.

Be sure to use protective eyewear when viewing this spectacle. Normal sunglasses aren't appropriate; instead, you'll need special solar eclipse glasses or solar filters if viewing through a telescope, binoculars or camera.

It can be fun to view the eclipse indirectly, too. Create a pinhole projector by simply punching a hole in a piece of paper. Then stand with your back to the sun, hold up the paper and let it project the sun's image onto a wall or clear spot of ground. You can also watch the eclipse online.



Wit & Wisdom

"Leaves sway sharp, and through the shadow-swallowed tree-tops the low nocturnal music of the wind makes magic of the vast night."

—James Oppenheim

"Time flies over us, but leaves its shadow behind."

—Nathaniel Hawthorne

"The poet is like the Earth's shadow. The sun moves, and the poet writes something down."

—Eileen Myles

"Hide not your talents. They for use were made. What's a sundial in the shade?"

—Benjamin Franklin

"Shadow owes its birth to light."

—John Gay

"Keep your face to the sunshine and you cannot see a shadow."

—Helen Keller

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Services 9:00 a.m. Agape Catholic Fellowship 11:00 a.m. HOPE Fellowship Happy Birthday!! Earl #363!!	BIBLE STUDY 7 p.m. Happy Birthday!! Karen #255 Joyce #130	Shopping Bus Town Hall Plaza 10:30 a.m.	Gentle Senior YOGA 10-11 a.m. Coloring Night 6-8 p.m.	Shopping Bus Town Hall Plaza 10:30 a.m. BINGO 6:30 p.m. Happy Birthday!! Denise #230	Mobile Health Fair Brunch! @11 In the Community Room Happy Birthday!! Mary Ann #319 Lorraine #249	OCTOBER IS NATIONAL BULLYING PREVENTION MONTH
8	9	10	11	12	13	14
Services 9:00 a.m. Agape Catholic Fellowship 11:00 a.m. HOPE Fellowship	Columbus Day Office is closed in observance of Columbus Day! BIBLE STUDY 7 p.m. Happy Birthday! Michael #447!	Shopping Bus Wal-Mart 10:30 a.m.	Gentle Senior YOGA 10-11 a.m. Coloring Night 6-8 p.m.	Shopping Bus Wal-Mart 10:30 a.m. BINGO 6:30 p.m.		
15	16	17	18	19	20	21
Services 9:00 a.m. Agape Catholic Fellowship 11:00 a.m. HOPE Fellowship Happy Birthday! Betty #124	BIBLE STUDY 7 p.m. Independent Nursing Care Here for Flu Shots 1:00-3:00 By Appointment Only!	Shopping Bus TOP's Market 10:30 a.m. Happy Birthday! Tami #155	Gentle Senior YOGA 10-11 a.m. Coloring Night 6-8 p.m.	Shopping Bus TOP's Market 10:30 a.m. BINGO 6:30 p.m.	Kathleen Holland with Legacy on main. Here to help with Medicare. 11am-1pm in the Community Room.	
22	23	24	25	26	27	28
Services 9:00 a.m. Agape Catholic Fellowship 11:00 a.m. HOPE Fellowship Happy Birthday! Alice #219	BIBLE STUDY 7 p.m.	Shopping Bus Wegman's 10:30 a.m. Happy Birthday! Dennis #126	Gentle Senior YOGA 10-11 a.m. Coloring Night 6-8 p.m.	Shopping Bus Wegman's 10:30 a.m. BINGO 6:30 p.m.		
29	30	31				
Services 9:00 a.m. Agape Catholic Fellowship 11:00 a.m. HOPE Fellowship Happy Birthday! Maureen#310	BIBLE STUDY 7 p.m.	Happy Halloween Shopping Bus Town Hall Plaza 10:30 a.m. Halloween Movie @1:00pm In the Community Room				