

The Voice

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org

April

2025



Charlene's Message

Welcome to our April Voice newsletter. Hopefully Spring will arrive sooner than later as the snow has melted, but sunshine is on its way. Our monthly newsletter is to keep you informed on our latest events and updates. Each month we have an exchange meeting to share your ideas, suggestions, concerns and most importantly to celebrate our birthdays and the arrival of new residents. ***This month's exchange meeting will be held on Wednesday, April 23rd @ 2:00 p.m. in the community room.***

We are pleased to welcome our **newest residents**, Dorothy Pope, apartment #125 and Melusina "Tina" Paolini in apartment #44. May your new home give you happiness and comfort! I know everyone will welcome you both to our community.

Spring is here and it is time to clean. Please be mindful to your garbage bags and make sure they are small enough to **always** fit in the refuse room trash chute. Please do not leave garbage bags or trash in the refuse room unless recyclable. This is a health hazard and creates maggots/bugs of all kinds. Our garbage pickups are Mondays, Wednesdays and Fridays. If you have large items, please let us know so we can bring them down to the compactor room. Also, do not pour any grease down any drains as this clogs up our plumbing lines and creates leaks in apartments below. We do not need anymore April showers in our apartments.

Healthy tip: Cleaning your apartment not only looks great but makes you feel good about your home! Singing out loud is not only good for your soul but good for your mental health.

The Office will be closed on Good Friday, April 18th and Happy Easter!

Charlene

For Work Orders 716-881-1120 ext. 1

WATER EMERGENCIES: 716-983-1711

SERVICES

Taxi Services

Airport 716-633-8294
Broadway 716-896-4600
Cold Spring 716-886-4900
Liberty 716-877-7111

Beauticians

Latacha's – Latacha
Chandler
Located on 1st floor
Baptist Manor
Call for appointment
716-715-1143

**Grocery and/or
Transportation
Services**

Price Rite 716-885-2887
Yelloh (formerly
Schwans) 888-724-9267
Going Places Van 716-858-7433
Call 716-858-RIDE for
groceries or Doctor's
appt

Sewing & Alterations

Sew Beautiful – Patricia
Jones 716-380-8310

Household Items

Watkin's Sales Assoc. –
Helen Westmoreland
716-725-6158

Laundry Services

Aladdin Dry Cleaning
716-835-1707

A smile is a perfume
you cannot pour on others
without getting a few
drops on you.

- Author unknown



SEASONEDTIMES.COM

APRIL, 2025 BIRTHDAYS



Caroline Babb	Apt 25	April 1
Miriam Langan	Apt 75	April 5
Donna Pecoraro	Apt 108	April 6
Marianna Gurnett	Apt 136	April 6
Edith Brown	Apt 48	April 15
Allie Dixon	Apt 139	April 18
Glendia Daniel	Apt 118	April 29
Barnabas Britt	Apt 86	April 30
Shirley Herman	Apt 97	April 30
Donald Brainard	Apt 53	April 30

Stuck Indoors? Make the Most of It!

Experiencing different environments and scenery helps keep life from becoming monotonous. On the other hand, being limited to one place can sometimes become boring and even depressing.

There are plenty of reasons why you might be stuck indoors for an extended period of time. In some instances, there's simply no other option. Fortunately, there are ways to beat the boredom and tedium of being stuck indoors. It is possible to come up with activities and create goals to keep yourself busy and motivated. Here are just a few...

A few ideas to keep you busy...

- **Read a good book.** Pick up that book you have always wanted to tackle or listen to an audio version of the story.
- **Research a subject or take an online class.** You can find classes and/or information on any subject or pursuit you can imagine via the Internet.
- **Find a few websites and/or blogs to follow.** "Google" or "search" any subject and all sorts of sites and blogs will show up. Many offer new content on a regular basis and some ask for your participation.
- **Start your own blog.** If you're an expert on a subject or if you have some ideas or thoughts to share, there are bound to be people using the Internet right now who would be interested in what you have to say.
- **Write or record your thoughts and memories.** You may end up with something that can be passed on to future generations of your family or even turned into a published book.

- **Catch up with friends and family.** Connect via phone calls, video chats, texting, or email.
- **Put together a scrapbook or photo album.** Most people in the “seasoned” times of life have lots of print photographs to organize that were taken with real cameras... not phones.
- **Enjoy the taste of “comfort food.”** Indulge in some of the foods that make you feel warm and cozy... like a grilled cheese sandwich or some old-fashioned baked macaroni and cheese. Of course, the selections available to you may be limited if you have a health issue or your diet is restricted. Many folks feel comforted by a nice bowl of vegetable soup, which can be prepared with health in mind.
- **Listen to your favorite music.** Enjoy some of the tunes from throughout your life that mean something to you and let them take you on a trip down “memory lane.”
- **Partake in a little binge-watching.** Start watching the first season of your favorite television show on one of those online streaming services, like Netflix or Hulu. Very often, people become so engaged in a show that they watch multiple episodes in one sitting... and continue watching season after season.
- **Become an indoor gardener.** There are many lovely plants and flowers that do very well indoors. It can be quite rewarding to plant a seed and watch it grow.

-----Seasoned Times.com

Join us for a

SNAP EDUCATION NUTRITION WORKSHOP

Date: April 4th, 2025

Time: 10:30am-11:30am

**Location: Baptist Manor
Dining Room**

**We'll cover
the
nutritional
benefits of
Dairy and
Calcium**



**And make a
Spring
Green
Salad!**

Call Deb to sign up!

716-881-1120 x4

