

The Voice

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org



April, 2026



Charlene's Message

Welcome to April Voice. Our monthly newsletter is to keep you updated on our latest news and events. Each month we have an exchange meeting to share ideas, suggestions, concerns and most importantly to celebrate birthdays and the arrival of new residents.

This month's exchange meeting will be held on Friday, April 10th @ 2:00 p.m. in the Community room.

In observance of Good Friday, the office will be closed on Friday, April 3rd.

I would like to give a warm welcome to our new residents, Deborah Crump in apt 86 and Edwin Castro in apt 114. May you enjoy your new home at Baptist Manor!

Quarterly bedbug inspections will take place at the end of April. Check your mailboxes for the date we will be on your floor.

All laundry rooms are open to all residents, meaning tenants are not assigned to any particular laundry room. **They are not, however, open to family or guests to do their laundry.** Please be courteous to all by not leaving your laundry in the machine more than 30 minutes after the completion of the cycle and remember to clean the lint trap. As a reminder, please do not wash rugs in our washers. They are usually too big for the size washers we have, and they leave a lot of residues in the machine. Rugs and large blankets and comforters must be taken to the laundromat.

Enjoy the warmer days of spring...sure to be here very soon 😊
It is almost time to enjoy the Coi Pond and flowers in the back courtyard!

Charlene



Baptist Manor

And

Erie Co. Office for Aging

invite you to join us for

Stay Fit Dining

11:45 to 12:45

Monday through Friday

Suggested contribution \$3.50

If you are unable to
contribute or do not wish to do so,
you may still have meal.

Reservations must be made

at LEAST one week in advance

Call Deb for Details!

716-881-1120 x 4

Ernie County Stay Fit Dining Program Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>30 Turkey a la King Mashed Sweet Potatoes Green Beans Warm Biscuit Chocolate Pudding (681) 1358</p>	<p>31 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Peas Italian Bread Fresh Orange 976 Chocolate Milk (717)</p>	<p>1 Easter Luncheon Chicken Cordon Bleu with Herb Gravy Rosemary-seasoned Potatoes Vegetable Medley Chef Salad with Dressing Dinner Roll Coconut Cream Pie (1098) 1811</p>	<p>2 Polynesian Chicken Stew over White Rice Carrots Broccoli Florets Sugar Cookies (631) 520</p>	<p>3 No Meals Served</p> <p>GOOD FRIDAY</p>
<p>6 Dynquus Day Cabbage Roll with Savory Meat Sauce Garlic Mashed Potatoes Mixed Vegetables Dinner Roll Chocolate Cream Pie (1040) 1428</p>	<p>7 Breaded Chicken Cutlet with Buffalo-style Sauce on a Bun Tater Tots Seasoned Broccoli Fudge Round (852) 1261</p>	<p>8 Polish Sausage with Sauerkraut & Mustard on a Bun Ranch Mashed Potatoes Carrots 1530 Fresh Apple Chocolate Milk (807)</p>	<p>9 Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Butternut Squash Corn Chef Salad with Dressing Mandarin Oranges (660) 1316</p>	<p>10 Omelet with Creole Sauce Cheesy Diced Potatoes Green Beans Wheat Bread Tropical Fruit (628) 1082</p>
<p>13 Lasagna Roll with Tomato Meat Sauce & Mozzarella Broccoli Florets Grape Juice Italian Bread 985 Sugar Cookies (796)</p>	<p>14 Swedish Meatballs over Pasta Harvard Beets Green Peas Pineapple Tidbits (659) 1053</p>	<p>15 Chicken Breast with Herb Gravy Sweet Potatoes Lima Bean Bake Dinner Roll Fresh Orange 1042 Chocolate Milk (656)</p>	<p>16 Hearty Pork Stew Mashed Potatoes Carrots 1057 Chef Salad with Dressing Dinner Roll Strawberry Gelatin (686)</p>	<p>17 Breaded Chicken Cutlet with BBQ Sauce on a Bun Rosemary-seasoned Potatoes 1308 Au Gratin Spinach Vanilla Pudding (779)</p>
<p>20 Chicken Breast with Marsala Sauce Mashed Potatoes Mixed Vegetables Dinner Roll Brownie (639) 995</p>	<p>21 Beef Pepper Steak Casserole over White Rice Broccoli Florets Carrots Sugar Cookies (677) 776</p>	<p>22 Roasted Pork Loin with Warm Cinnamon Apples Sweet Potatoes Green Beans 513 Wheat Bread Butterscotch Pudding (644)</p>	<p>23 Entrée Salad Garden Chicken Patty Salad with Cheddar & Ranch Dressing Multigrain Bread Fresh Banana Chocolate Milk (986) 1531</p>	<p>24 Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch 1291 Chef Salad with Dressing Wheat Dinner Roll Mandarin Oranges (875)</p>
<p>27 Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685) 1437</p>	<p>28 Entrée Salad Greek Chicken Salad with Greek Dressing Wheat Dinner Roll Pineapple Tidbits (653) 1057</p>	<p>29 Baked Rigatoni with Italian Sauce, Tomato Sauce & Mozzarella California Blend Vegetables Orange Juice Chef Salad with Dressing Dinner Roll 1566 Fresh Apple (779)</p>	<p>30 Baked Ham with Pineapple Sauce Scalloped Potatoes Brussels Sprouts Multigrain Bread Lorrie Doones (678) 1565</p>	<p>1 Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole 1389 Cottage Mixed Vegetables Wheat Dinner Roll Tropical Fruit Chocolate Milk (704)</p>

*If you have a food allergy, please notify us.

Maintenance

For Work Orders 716-881-1120 ext. 1

EMERGENCIES (toilet/leaks): 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 of
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

Salvation Army

Pick-Ups 716-875-2533,
Ext: 9

Sewing & Alterations

Sew Beautiful – Patricia
Jones 716-380-8310

City of Buffalo -Call 311-
Pick up anything w/cord-
broken/working

April, Birthdays



Caroline Babb	Apt 25	4/1
Donna Pecoraro	Apt 108	4/6
Marianna Gurnett	Apt 136	4/6
Victoria Young	Apt 103	4/13
Edith Brown	Apt 48	4/15
Edwin Castro	Apt 114	4/15
Glendia Daniel	Apt 118	4/29
Shirley Herman	Apt 97	4/30
Donald Brainard	Apt 53	4/30

Don't sit on the floor without
a solid plan of how to get
back up.

- Author Unknown



A Few of the Best Things About the “Seasoned” Years

Despite the negative messages the media would have us believe, there are plenty of good things about getting older and reaching the later decades of life. Although some of us might have arrived kicking and screaming, most of us realize how lucky we are to be able to say we are “seasoned.”

We may be older... we may not have all the stamina and abilities we probably took for granted in our earlier years... but, today, getting older is a lot different than it was for our parents, grandparents, or generations before that.

There’s a whole lot to like about being exactly where we are in our lives. There is no age limit to enjoying and appreciating life. So, come on... let’s relish in aging. Let’s reflect on some of the best things about being “seasoned.”

- **We are wiser.** Well, most of us can make the claim. We’ve all had many different experiences over the years, and there is always something to take away from every life experience. We learn something from the good as well as from the not so good. Even our missteps and losses offer lessons. At the very least, we know the mistakes not to repeat.
- **We can slow down.** Slowing down might not always be a choice we make for ourselves, but slowing down does give us a chance to be more attentive about life. Many of us look back on our younger years and realize how we rushed through them. We didn’t always take the time to really appreciate what was happening in the moment. Now, when life is not as fast-paced, we are less likely to squander our time and more likely to pay attention to what is happening around us and truly value our experiences.
- **We know what is important.** Many people feel far less social pressure as the years pass. It is no longer quite so imperative that we look a certain way, dress a certain way, act a certain way, accomplish certain things, or acquire certain things. Many of us simply do not care as

much about what other people think, and we have a deeper appreciation of our lives and the people in our lives.

- **We get senior discounts.** Senior discounts start as early as 55, and we all know how YOUNG 55 really is! Being able to take advantage of senior discounts is a perk lots of folks look forward to when it comes to hitting their later decades. The goal is to be as healthy and active as possible when the discounts kick in so we can relish the bonuses they offer. It's nice to pay less for things we really enjoy, like traveling, eating in great restaurants, shopping, hiking in a state park, joining a gym, etc.
- **We are not afraid to have fun.** When we reach a certain age, we often stop taking life and ourselves quite so seriously. We get a kick out of things we didn't even notice when younger. We recognize the humor in everyday life, in our own behaviors, in the behaviors of our friends and loved ones, and in the world around us. Of course, we still have responsibilities and worries, but we understand that life is short. In our seasoned years, we appreciate the benefits of a good "belly laugh." We put in that little bit of extra effort it can sometimes take to be joyful. And, whenever we get the chance, most of us choose to smile.

Mending a Broken Friendship

Friendships end for many different reasons. Some friends grow apart naturally as their lives, interests, and responsibilities change. But some friendships cease abruptly, ending with negative feelings on one side or both sides of the relationship.

It doesn't matter how old or young we may be, most friendships have ups and downs, and most friends become upset with each other once in a while. Thankfully, such conflicts usually do not destroy a relationship beyond repair.

When a friendship does break apart in deep hurt or anger, the negative feelings can make it very difficult to put the pieces back together again. Even if the bond was very strong before the break, it can take work to repair the damage and rebuild the connection. If the friendship was meaningful though... and the friend loved... it can be worth giving it a try.

There are instances, of course, when it may be impossible or even detrimental to restore a severed friendship. But, when both parties have the desire and both are willing to put in the effort, it is often possible to restore a once strong and cherished bond.

If you're thinking about attempting to mend a broken friendship, you may want to consider the following suggestions. Every friendship and situation is unique though, which means a step that may help repair one friendship may not be as beneficial to another relationship.

Suggestions that can be helpful...

- **Don't be afraid to take the first step.** If you wait for your friend to come to you, you may be waiting a long time... even if the person misses the friendship just as much as you do. Take the initiative. Reach out to your friend. It can't hurt. Tell your friend that you'd like to find a way to mend your shattered friendship. Ask how the other person feels. Hopefully, your friend also is uncomfortable with the void left by your missing friendship. Be prepared for the possibility that your friend may not be interested in reconciling. If that's the case, at

least you'll know you did what you could to try to rebuild the relationship.

- **Take a long look in the mirror.** Before you approach your friend to discuss your friendship and the difficulties that caused the friction between you, take some time to think about the part you played in the problem. Look at ways in which your actions may have contributed to the collapse of the relationship. It isn't easy to step away from your own perspective, but it is important to try to see things from the other person's point of view. After all, there are two sides to every conflict.
- **Be open to apologizing AND forgiving.** If you feel your actions played a role in the breakdown of the friendship, say so and offer your friend a sincere apology. Before talking with your friend, think about what you want to say in your apology and the message you want to convey. If your friend also offers an apology for his or her role in the dispute, forgive the person in the same way you would like to be forgiven. If there is ownership and forgiveness on both sides, the odds are probably pretty high that your friendship will have a future.
- **Build a better friendship with honesty.** Address the real issues. It's important to have an open, frank discussion about what actually caused the friendship to fracture. Talk about the things that are really bothering each of you so the issues can be dealt with and put behind you. If both people are able to discuss issues in a truthful and nonjudgmental way, the conversation will be more productive and more likely lead to a stronger, healthier relationship.
- **Make plans.** Look toward the future of your friendship, not back at the negativity of the past. Sure, it can take time for old wounds to heal, but they may heal a lot faster if you spend time together doing and sharing some of the things that made you such close friends in the first place. Get back to enjoying each other's company and a stronger friendship is sure to follow.