

The Voice

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org

August,
2025



Charlene's Message

Welcome to the August newsletter. 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 **Wednesday, August 27th at 2:00 p.m.** in the community room. All are welcome!

Our annual Backyard BBQ was a great success. It was another beautiful night in Buffalo. Our evening was filled with delicious food and wonderful music from the Donna Rose Band. Thank you so much Donna for your time.

Our Veterans Hospital donations were sent out for \$140.00 for collecting from May. And June. Collections for Texas relief fund was \$155.00 and will be sent to Kerr County relief fund.

Now into mid-summer, please remember to stay hydrated and cool off in our community room to watch tv or read a good book from our library. We are able to still install air conditioners if needed in your apartment for the cost of \$25.00 and \$20.00 electric per month. HEAP was giving out Portable air conditioners with application to those in need until supply is gone. Please do not forget to enjoy the beautiful summer days and in our courtyard out in the backyard!

We also have a new Maintenance Director, **Louis Petrotto** who comes with ample experience in Affordable housing in Buffalo. Please say Hello and welcome him.

PLEASE REMEMBER NOT TO POUR GREASE DOWN ANY DRAIN! THIS CAUSES SEVERE CLOGS IN OUR MAIN LINE BACKING UP ALL DRAINS AND CAUSES A HUGE BILL WITH PLUMBING COMPANY!

Put grease into glass jars and discard.

Charlene

DEB'S NOTE'S



Inspiration

Since my husband passed away April 26th, I have been blessed by countless generous expressions sympathy and gestures of support from The Baptist Manor Community.

*Thank you all!

My husband was someone who inspired me to strive to be a better person. What follows are some quotes that are posted above his desk. I hope that these quotes inspire you as well.

"Be the change that you wish to see in the world."

*Mahatma Gandhi

"Don't count the days. Make the days count."

*Muhammad Ali

"Do all the good you can, at all the times you can, to all the people you can, as long as ever you can."

*John Wesley

I bid you all peace and blessings.

Deb

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
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

Salvation Army

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

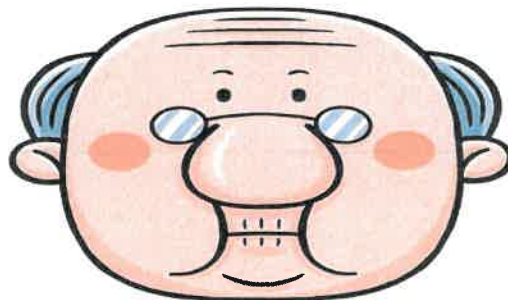
August Birthdays



Mary Hillinger	Apt 56	August 7th
Raul Osoria	Apt 79	August 12th
Audrey Christopher	Apt 128	August 13th
Lonnie Sledge	Apt 28	August 19th
Susan Sweeney	Apt 72	August 21 st
Gail Crawford	Apt 159	August 21st
Gloria Black	Apt 87	August 22nd
Patricia Thompson	Apt 83	August 23rd
Jackie Robinson	Apt 142	August 23rd
Pervies Quicksey	Apt 74	August 26th
James Williams	Apt 132	August 30 th
Angela Lee	Apt 138	August 31st

**It's better to grow old with
a sense of humor than to
grow old with no sense at all.**

— Author unknown



Breathing Deeper and Better

Do you think ever about the process of breathing... while you are breathing? Probably not, because breathing is so natural for most of us. Our bodies take care of breathing all on their own without requiring any real conscious thought from us. Our lungs fill with new fresh air and expel old stale air. Just like that. Easy as pie.

Many of us would be surprised to know that we not be breathing as well as we could be. Even when the human body seems to be breathing as it is supposed, the truth is that it may not be doing so in the most productive and effective way possible. That's when actually thinking about breathing can be helpful.

If you stop to think about the process of breathing, you'll probably concentrate on your lungs. But, although lungs take in oxygen and deliver it throughout the body, the diaphragm does the vast majority of the real work of breathing. The diaphragm is a muscle located at the bottom of the chest cavity. The diaphragm and abdominal muscles are instrumental in helping the lungs expand and contract so people can breathe deeply and get the right amount of fresh air in and the right amount of stale air out.

Unfortunately, some physical conditions can affect the body's ability to breathe deeply. Age can also have an impact. But, there are things we can do to improve the way we breathe. First, it's helpful to check out how deeply we are breathing. To do so, simply place one hand on your chest and the other hand on your stomach as you breathe normally. Contrary to what you may think... if you are breathing deeply, the hand on your stomach should rise and fall with each breath. The hand on your chest will move only during shallow breathing, which is when only the top of your lungs are filling with air. (See Belly Breathing exercise below)

If you find you are not breathing deeply, let your doctor know. Many people who are shallow breathers are able to strengthen their diaphragms and improve their breathing through simple exercises.

Simple Exercises for Better Breathing

These common exercises can help improve breathing and help the lungs function more efficiently. Ask your doctor if they are appropriate for you.

PURSED LIP BREATHING

- Pursed lip breathing can improve the ability of your lungs to empty fully while expelling stale air and inhaling fresh air.
- Sit in a comfortable chair.
- Breathe in a normal breath slowly through your nose with your mouth closed (count of two).
- Purse your lips as you would to whistle or kiss and breathe out slowly and gently through your lips. Try to take twice as long to exhale as you did to inhale the breath (count of four).
- Try to keep your stomach muscles relaxed throughout the exercise.
- Repeat as instructed by your physician.

BELLY BREATHING

- Belly breathing helps strengthen the diaphragm so you can get more fresh air into your lungs and more stale air out of your lungs. Belly breathing can be done while standing, but many people prefer lying down when practicing belly breathing.
- Place one hand on your upper your belly and the other hand on your chest.
- Breathe in through your nose, keeping your chest relaxed. Inhale using your diaphragm (muscle located at the bottom of the chest cavity) so you feel your belly and hand rise as your lungs fill with air. The hand on your chest should remain still.
- Breathe out through your mouth with your lips pursed as if about to whistle or kiss. Exhale slowly, feeling your stomach and the hand on your stomach lower as you breathe out.
- Repeat as instructed by your physician.
- --Seasonedtimes.com

Ditching Assumptions about Aging

- Why is it so easy for so many of us to hold on to, believe, and fear some of those negative and outdated generalizations out there about aging? It's probably because we remember "old age" as it was when we were growing up. Images of the frail older people we knew in our youth are still clear in our heads. But, our early memories of "old age" are not accurate reflections of today's reality.
- Yes, some of the old assumptions people still hold on to about aging do contain some truth, but many are exaggerated. Certainly, many of us will face some challenges, difficulties, and losses in later life, but we will be experiencing them in a world very different from that of our great grandparents, grandparents, or our own parents. We are growing older with the benefit of medical and technological advances that have increased life spans and improved quality of life for older people.
- When it comes to later life, we can each decide how we want to view "old age" and how we want to live it. We can reject antiquated assumptions that could influence our lives in a negative way and stop us from appreciating and experiencing the positives that can come with getting older. We can create our own beliefs and live our own truths. Just because later life comes with challenges does not mean our "seasoned" years can't be joyful and vibrant.
- Let's take a look at the dated, but common, assumptions about "old age."
 - A few false, but common, assumptions...
- **ASSUMPTION: OLDER = POOR HEALTH**
- Yes, our bodies change as we age and, yes, some of those changes affect our health. But poor health is not already written on the pages of the book of our "old age." Many of the chronic health problems most common in later life can be prevented or treated with lifestyle changes and/or medications.
- There's a lot we can do in our daily lives to stay as healthy as possible in our later years, like visiting a doctor regularly, eating a healthy diet, exercising at an appropriate rate for our age and abilities, getting enough sleep, keeping our minds active, and staying social. Not only can these steps lower the risk of health problems, they can help make life more enjoyable, help us stay independent, and help us live longer.
- **ASSUMPTION: OLDER = LACK OF INTEREST AND GROWTH**
- Life is an educational experience from beginning to end. It's never too late to learn new things. Some folks view old age as a time to stick to what you're used to or comfortable with and not as a time to venture into uncharted waters. It's okay if that's your own

personal and informed choice, but it certainly isn't the only approach to getting older. Later life can be a great time to throw open doors to new things.

- Just because we're older doesn't mean we're unable to adapt to something new or unfamiliar. Think of all the changes and transitions we've already had to face and adjust to on the path to reaching our later years. Looking back, there are probably too many changes to count. Many of those new things we've encountered along the way have actually ended up making our lives more interesting and, in some cases, they've even made life easier. So why stop now? We may be older, but we can still learn and we can still grow.

- **ASSUMPTION: OLDER = LOSS OF MEMORY AND MENTAL AGILITY**

- There are lots of things older people can do to keep our minds engaged and sharp, like learning something new, taking a class, doing mind challenge puzzles, reading, engaging in stimulating conversations, etc. When we continue to learn and challenge ourselves intellectually, we exercise our minds and make it easier for our brains to store, retrieve, and use information.
- Yes, sadly, some of us will experience cognitive and memory issues as we get older that we have no control over. In some of these instances, medical interventions may be able to help. Fortunately, many older people never face challenges that completely rob them of their ability to think and function. We may become more forgetful and perhaps less attentive, but that doesn't mean our minds will let us down completely.
- If you're dealing with issues with your memory and logic reasoning, please speak with your doctor.

- **ASSUMPTION: OLDER = ISOLATION, LONELINESS, AND USELESSNESS**

- As the years go by, some people find they have less social contact with others and less opportunities to be involved in life beyond their own limited world. Maybe it's because they no longer live near family and friends. Perhaps the people closest to them have passed away. But, it doesn't have to be that way. "Old age" does not have to be lonely.
- Social interaction and feeling involved is important to our health and longevity. Thankfully, there are plenty of ways to stay connected to and engaged with others as we age. We can be socially active by going to the local senior center or library. We can join clubs and take classes. We can join a church or synagogue. We can be active in our communities by volunteering. If we have friends and loved ones living in other places, we can use the Internet, our cell phones, and social media to connect with them face-to-face across the miles.