

The Voice

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org

August,
2026



Charlene's Message

Welcome to August, 2026 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 Monday, August 10th @ 2:00 p.m. in the Community room.

Our annual backyard BBQ for our residents on 7/14/2026 was a grand success. It was another beautiful night in Buffalo. The evening was filled with good food and great music from The Colored Musicians of Buffalo Jazz band! They were very comfortable playing in our courtyard and enjoyed their time. They said they would love to come back!

Please feel free to come down to the air-conditioned community room to cool off during the hot, sticky days of August. Grab a good book from the library or watch TV on the big screen.

We are collecting donations in the management office for St. Jude's Children's Hospital through the month of August.

Charlene

How Does the Sun's UV Rays Affect Your Eyes?

Most people probably understand the link between ultraviolet (UV) radiation and skin cancer. But many are less aware of the connection between UV radiation and eye damage.

The sun's ultraviolet rays can increase the risk for developing cataracts, age-related macular degeneration and growths in the eye, including cancer.

UV rays can come from many directions. They radiate directly from the sun, but they are also reflected from the ground, from water, snow, sand and other bright surfaces.

Look for sunglasses that block both UVA and UVB rays. Neither the darkness of the lens nor the cost of the glasses plays a part in how well a pair of sunglasses protects your eyes.

Glasses that wrap around the temples so that light cannot enter your eye from the side offer the best protection.

~ American Academy of Ophthalmology

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Ext: 9

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Sew Beautiful – Patricia
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Pick up anything w/cord-
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August, Birthdays



Mary Hillinger	Apt 56	8/7
Audrey Christopher	Apt 128	8/13
Lonnie Sledge	Apt 28	8/19
Susan Sweeney	Apt 72	8/21
Gail Crawford	Apt 159	8/21
Gloria Black	Apt 87	8/22
Patricia Thompson	Apt 83	8/23
Jackie Robonson	Apt 142	8/23
Pervies Quicksey	Apt 74	8/26
James Williams	Apt 132	8/30
Angela Lee	Apt 138	8/31

*Happiness is a choice.
Peace is a state of mind.
Both are free!*

- Amy Leigh Mercree



The Struggle of Living with Chronic Pain

It's difficult to understand what it's like to live with chronic pain unless you've experienced it. Unless you've lived with it, it's impossible to really understand what it feels like to be in pain every minute of every day... with no respite and no escape. It is inescapable, and it can be torturous. Sadly, it is also a fact of life for far too many of us.

Those of us living with chronic pain have to find our own ways to exist with the constant pain while continuing to live our lives without letting the pain take over. It's an individual journey that we each must negotiate in our own way. It is often a personal solo journey, because what helps one person cope with pain may not work as well for someone else.

If you are living with chronic pain, please know you are not alone and please do not stop trying to find effective ways to continue living well and enjoying life despite living with constant pain.

Here are a few tips from folks living with chronic pain. We hope you find them helpful.

A few helpful tips..

- **Find a medical professional specially trained in pain management.** As much as your primary care doctor may want to help, he or she might not have the understanding, experience, or “know how” necessary to make a positive difference in your life as a victim of chronic pain. Chronic pain can’t be measured in a lab or identified on a scan. There are intricacies to pain that are puzzling and perplexing to physicians who are not familiar with chronic pain issues. That’s why there are doctors who are pain management specialists and highly-trained experts in the field.
- **Don’t stop moving.** It’s normal and natural to want to sit still when you’re in pain, but that may not be the best thing for you. In fact, it could make your pain worse. It’s vital to speak with your pain management specialist (doctor) about any activities and actions you should avoid and which ones might actually help. Simply incorporating some gentle exercise into your life might be beneficial. Many studies suggest that chemicals released in the body during exercise can influence pain signals to the brain. Any everyday activities that involve some type of movement are actually forms of exercise, like walking, gardening, dusting, and gardening. Dancing is a fun way to move the body and it is something we can do in our own way and at our own speed. Just make sure not to overdo it in a way that may amplify your pain issues.
- **Avoid repetitive motions.** Tasks that involve the same action over and over can worsen or ignite pain. Typing is a good example of something many of us do that involves repetitive motions. There are plenty of others you might not think of... like the repetitive motions of painting a wall or cleaning the kitchen counter. Think about some of the tasks in your daily life that may involve the same action again and again. Try to avoid or limit them as much as possible, and make sure to take frequent breaks while engaged in repetitive activities.
- **Change positions often.** Sitting or standing for long periods without moving can exacerbate pain. Make sure to move around every now and then. If you are sitting watching television, get up during commercials and walk around the room. If you spend long periods typing on your computer keyboard, make yourself take a break at least once every hour and do some gentle stretching.

- **Accept that some people may not “get it.”** If someone has never lived with constant pain, that person has no idea what it is like and may not be able to imagine, comprehend, or relate to what you go through on a daily basis. Remember, pain is not something people can see. It is invisible to other. If you look healthy, other people tend to assume you feel fine... even if they know you suffer with chronic pain. They may say something like “You must be feeling better, you look great” simply because you do not look like you are suffering. These folks mean well. They really want you to “feel better.” They don’t realize how much effort it takes to “appear normal” when you are living with constant pain. They don’t know that “appearing normal” probably means you had to “lay low,” restrict your activities, and perhaps take medication just to appear normal or to show up at whatever event the two of you be attending. For someone living with chronic pain, there may be days when something as simple as lunch out with friends is impossible.

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SHAPES WORD SEARCH



SQUARE
CIRCLE
HEART
STAR

DIAMOND
TRIANGLE
HEXAGON
PENTAGON

RECTANGLE
TRAPEZIUM
HEPTAGON
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OVAL
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Solution

V	S	Q	U	A	R	E	T	N	C	F	K
H	L	T	H	H	E	X	A	G	O	N	S
H	M	I	A	S	C	R	O	S	S	I	T
P	A	O	R	R	T	I	R	C	A	P	R
E	M	N	O	Y	A	I	R	T	L	F	A
N	D	D	S	N	N	N	R	C	E	L	P
T	R	I	A	N	G	L	E	T	L	H	E
A	U	A	O	L	L	S	S	E	S	E	Z
G	E	M	G	V	E	U	S	E	S	A	I
O	A	O	C	T	A	G	O	N	N	R	U
N	T	N	T	I	R	L	D	F	O	T	M
A	T	D	H	E	P	T	A	G	O	N	T

Please join us!

Tuesday August 11 at 10 am

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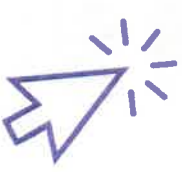
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