

The Voice

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org



**December
2025**

HAPPY & SAFE HOLIDAYS!

Charlene's Message

Welcome to the December Voice Newsletter. 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, December 19th***

The office will be closed on Wednesday, Dec. 24th and Thursday, Dec. 25th for the Christmas holiday.

First off, I would like to thank all our residents for their cooperation with our annual inspections. I am pleased to state that we passed our City of Buffalo inspection with a perfect score, minus only 2 work orders. This is completed once every 3 years to receive our city of Buffalo inspection certificate for building inspection. The city of Buffalo inspectors stated they enjoyed our property visit. Our quarterly bed bug inspection went great as well, and nothing was found at all. I appreciate each one of you in your hard work to keep Baptist Manor as great as it has always been. Also, we were able to send a donation check to Buffalo City Mission on behalf of Baptist Manor for \$115.00.

Christmas is my favorite time of the year to enjoy with family/friends and help in our community to spread cheer. My family and I have a tradition of bringing hot cocoa in our travel mugs and driving to different areas enjoying the lights and decorations on all the houses. My oldest daughter starts decorating our house on Columbus Day weekend and starts off by putting a fully decorated Christmas tree in her own bedroom. She has enjoyed this tradition for a few years now. We also love listening to Holiday music in the house or vehicle as it makes us all smile with true warmth and happiness. There are so many holiday movies that we enjoy too. I would love to hear about your traditions 😊

I encourage you to cozy up and watch a movie or listen to some cheerful music with a friend. It is also that time of year to remember our neighbors and to those with no family or support. Spread the cheer during the holidays and you may make a new friend or find a new hobby to enjoy.

From my home to yours, I wish you a healthy, safe and joyous Holiday season!

Charlene

DEB'S NOTES



Positive Attitude!

You can be better... not bitter

Please join us

For a University Express presentation by

Sister Judith Beiswanger

Wednesday December 3rd at 1:30

Refreshments will be served

Call Deb to RSVP by Monday December 1st

716-881-1120 x 4

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

Sewing & Alterations

Sew Beautiful – Patricia
Jones 716-380-8310

Salvation Army

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

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

December Birthdays



Avery Key	Apt 35	December 2
Linda Savannah	Apt 137	December 2
Carlson Croom	Apt 117	December 3
Janet Gibson	Apt 64	December 14
Janice James	Apt 24	December 17
Lisha Bart	Apt 94	December 18
James Collins	Apt 102	December 27
Villa Jones	Apt 66	December 27

Friends are one of the most important ingredients in the recipe called life.

- Author unknown



SEASONEDTIMES.COM

Try These Bad Mood Busters

Everyone experiences a bad mood from time to time. We've all been in a slump we just couldn't seem to shake off. Even the most positive, upbeat people have their down moments. After all, we're human... and human beings are programmed to feel a kaleidoscope of different emotions. We feel happy. We feel sad. We feel worried. We feel calm. We are frightened. We are brave. We are enthusiastic. We are indifferent. We are human... and human beings have good moods and bad.

Most bad moods last only so long before taking an upward turn that makes everything begin to look brighter again. If you find you feel down in the dumps for long periods of time with no respite, please speak with your doctor. Persistent negative emotions may signal something more serious than just a "bad mood."

Next time you want to lift your spirits, you may find the following tips help put a smile back on your face.

Tips for busting out of a bad mood...

- **Honor your feelings.** It's okay to feel down. Allow yourself to feel your negative emotions and think your negative thoughts without judgement. Acknowledge the feelings, accept that it's totally normal and "okay" to feel whatever it is you're feeling. Then try to let the negativity go. Some people find it helpful to imagine putting their worries, fears, sadness, etc. into a basket... then tie the basket to a balloon... and let the

basket float out of sight.

- **Focus on things you can actually control.** Ask yourself if there's a step you can take to change your situation for the better. If so, take that step. For example, if you're worried something you said or did might have hurt or angered a friend, talk to the person and ask for their perspective on whatever was done or said. Or, if you can't afford to pay a medical bill, try calling the hospital's billing department and ask to be put on a payment plan.
- **Talk with a loved one or friend.** Find someone who is a good listener and a positive, empathetic person. Confide in the person about your bad mood and the reasons why you may be feeling down. Keeping your negative feelings bottled up inside can allow them to fester and grow. If you don't have someone else to talk with, speak out loud to yourself. You may be surprised how quickly your mood lightens just by putting your thoughts and feelings into words.
- **Take your mind off your problems.** Listen to your favorite music. Watch a funny television show or movie. Sing, dance, and laugh. Start a project or hobby. Really concentrate on what you are seeing, hearing, and doing. It's hard to stay in a negative place when you are focused on something you enjoy.

- **Let the light shine.** Get plenty of sunshine. Research has shown a strong link between positive moods and time spent outdoors in sunlight. If you can't get outside, pull up your window shades and let natural light fill your environment.
- **Breathe in a tranquil scent.** Studies suggest that inhaling a pleasant, calming aroma can help reduce anxiety and stress, increase positivity, and inspire a calmer demeanor. Light a fragrant candle. Put some fresh flowers around your environment. Slice up some lemons or oranges. Fill the air with the scent of vanilla or cinnamon. Some folks even find the aroma of freshly brewed coffee relaxing.
- **Move your body.** Moving keeps your blood flowing. Moving doesn't have to be strenuous. Simply move. Go for a walk. Take a dance class. Play horse shoes or bocce ball. Physical activity stimulates brain chemicals that have been scientifically associated with happiness and relaxation.

Christmas Crafts for Seniors

Crafting is one of the best ways to show your holiday spirit and add a festive touch to your surroundings. Try your hand at one of these Christmas crafts for seniors:

1. **Pumpkin seed poinsettia**: Use pumpkin seeds, glue, and spray paint to create a classic Christmas flower that can be hung on a tree or worn as a brooch.
2. **Sock snowman**: An adorable snowman is simple to put together with supplies you probably have lying around the house. You can make it even simpler by using elastic bands instead of string.
3. **Craft-stick snowflakes**: You've probably heard that no two snowflakes are alike. Use your imagination to create a unique snowflake design out of wooden craft sticks.
4. **Cupcake liner tree ornament**: With a bit of folding and gluing, festive cupcake liners can easily become a hanging Christmas tree. Painted coffee filters would also work for this craft.
5. **Tea light snowmen**: Battery-operated tea lights can become charming snowmen ornaments in a few simple steps.
6. **Bow wreath**: Add some holiday cheer to your front door with a creative wreath made of gift bows.