

The Voice

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org



February,
2026

Charlene's Message

Welcome to the February Voice. Our monthly newsletter 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, February 13th @ 2:00 p.m. in the community room.

February is heart health awareness month. Did you know that by exercising for as little as 30 minutes a day you can reduce your risk of heart disease? Three 10-minute sessions are almost as beneficial to your overall fitness as one 30-minute session. This is obtainable for most people. There are residents who walk the halls when it is cold outside to stay active. I am also trying to secure a chair yoga class and strength training class as well.

At Baptist Manor we try to offer a variety of activities for you to enjoy. Many of them are designed to improve your health such as the "Gentle Exercise" on Monday's and Thursday's at 10:00am and Wii bowling every Wednesday evening at 5:30pm. These are great ways to improve your health and have fun at the same time. In addition, there is a Recumbent Cross Trainer sit down bike for exercise in the game room on the 1st floor in the library/pool table room.. Please contact me any employee on the instruction use of the bike as we do not want anyone to get hurt. There are plenty of ways to stay healthy and age gracefully!

Even though marijuana has been legalized in NY state, it is not legal to smoke marijuana in your apartment at Baptist Manor as there is no smoking allowed in building for any reason. Please use designated smoking area in the back of our building. We receive federal funding from HUD and must follow federal law. It is a severe lease violation to smoke marijuana or cigarettes at Baptist Manor and is cause for lease termination. This applies to your guests as well. You are responsible for your guest's behavior at all times. Do not jeopardize your housing or our funding.

In observance of Presidents Day, the office will be **closed** on **Monday, February 17th**.

Wishing you all a very healthy start to the new year!

Charlene

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

February Birthdays



Sandra St. Louis	Apt 65	February 2
Carol Hennings	Apt 27	February 3
Raymond Adames	Apt 84	February 8
Deborah Crump	Apt 86	February 9
Nellie Kenner	Apt 51	February 12
Lois Ray	Apt 95	February 13
Charlene Rivera	Staff	February 18 28

*I miss the days when standing
up didn't come with side effects.*

- Author Unknown



5 Good Sleep Don'ts

Finding it more difficult to get a good night's sleep is one of the less welcome things that can come with getting older. At least for some of us.

There are various reasons why sleeping sometimes becomes more of a challenge in later life. Some sleep problems are actually caused by things we are doing that impact our ability to sleep well. Some of our daily and bedtime habits can make it harder to fall asleep and stay asleep. If we change these habits, we may find that we sleep much better.

Just a few things that can impact sleep quality...

FOOD. Eating certain foods make it harder to sleep, such as fatty, spicy and highly processed foods. Avoiding these foods, especially in the evening, can help you sleep better. In fact, eating anything close to bedtime may affect sleep. It's best to have a healthy dinner at a reasonably early hour and then, if possible, to avoid eating after dinner.

CAFFEINE. Many people avoid drinking coffee in the evening because they know it contains caffeine, which can interfere with sleep. But coffee isn't the only source of caffeine that may keep us from sleeping well. There's caffeine in chocolate as well as in anything containing cocoa. Many varieties of tea also contain caffeine. Even decaffeinated coffee still has a certain amount of caffeine. Of course, some people are more sensitive to the effects of caffeine while others can drink a cup of coffee or hot chocolate right before bed and sleep still like a baby.

ALCOHOL. Yes, a glass of wine or mixed drink can make you feel drowsy and you may even fall asleep fairly quickly after downing one, but drinking alcohol before bed can affect the kind of sleep you experience. It can lessen what is called "restorative sleep" and keep you from feeling well rested after sleeping.

ELECTRONIC DEVICES. There's lots of evidence that using electronic devices, such as tablets, phones, and e-readers, and even TV, at bedtime can cause sleep disturbances. The artificial blue light produced by these devices can alter the body's sleep cycle and reduce the production of melatonin, a sleep inducing hormone. Most manufacturers now offer some kind of option to

enable you to filter out blue light when using devices around bedtime. Look for your device's "blue light filter."

MEDICATIONS. Some common prescriptions and over-the-counter medications can interfere with sleep. Some contain ingredients that may make sleep difficult for several hours after they are taken. Some can upset the stomach if taken right before lying down. Of course, there are certain medications that must be taken at night to be the most effective. If you are taking medications and experiencing sleep issues, speak with your doctor. Together, you can find the best course of action to meet your medical needs and sleep requirements.

Valentine's Day, celebrated on February 14, is rich in history and traditions, with many fun facts that highlight its evolution and significance.



Historical Origins

Ancient Roots: Valentine's Day traces back to the ancient Roman festival of **Lupercalia**, celebrated from February 13-

15, which involved fertility rites and pairing off women with men by lottery.

Multiple Saints: The holiday is named after **Saint Valentine**, but there were several martyrs with that name. The most famous was a priest who defied Emperor Claudius II's ban on marriages for young men by performing secret weddings.

First Valentine Card: The oldest known Valentine's card dates back to **1415**, written by Charles, Duke of Orleans, to his wife while imprisoned in the Tower of London.

Modern Celebrations

Massive Flower Sales: Approximately **110 million roses** are sold and delivered in the U.S. during the three days leading up to Valentine's Day, with California producing 60% of them.

Card-Sending Tradition: Over **1 billion Valentine's Day cards** are exchanged worldwide each year, making it the second-largest seasonal card-sending occasion after Christmas.

Unique Records: On Valentine's Day 2009, a world record was set in Mexico City when **39,897 couples** kissed simultaneously for 10 seconds.

Fun Trivia

Self-Gifting: Interestingly, **15% of U.S. women** send themselves flowers on Valentine's Day, highlighting the importance of self-love.

Victorian Customs: In Victorian times, it was considered bad luck to sign a Valentine's Day card, which added an element of mystery to the tradition.

Cultural Variations: Valentine's Day is celebrated in various ways around the world, with some cultures emphasizing friendship and familial love rather than romantic love.

These fun facts illustrate how Valentine's Day has transformed from ancient ritual to a modern celebration of love and affection, encompassing a wide range of traditions and customs. Whether you're exchanging cards, flowers, or simply spending time with loved ones, there's a rich history behind this beloved holiday.

Overcoming Boredom

You're bored. We've all been there. It's a universal feeling that stems from a lack of stimulation and the need to find some way to feel the void.

As common as boredom is, people can react very differently to it. Some folks get very sleepy when bored and have a difficult time keeping their eyes open. Others become restless and feel the need to move. These folks may start fidgeting or pacing.

There's nothing wrong with being a little bored. However, too much boredom can become oppressive and begin to feel overwhelming. The good news is there are plenty of ways to shake off boredom and give dull moments a little sparkle.

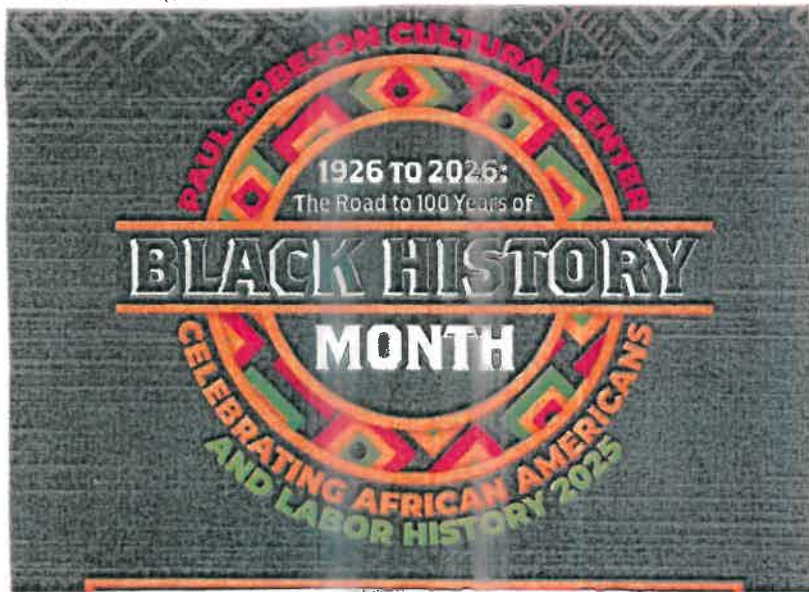
Here are a few suggestions you may find helpful next time you're feeling bored...

- **Grab a pen and doodle.** You don't have to be an artist to doodle something, either real or abstract. Simple doodling can be a great way to activate your creative mind. It can also help relieve stress. Try giving yourself a few minutes to simply doodle and see how you feel afterwards. You may be pleasantly surprised.
- **Color.** Coloring is a fun way to fight boredom. There's something about filling in an outlined image with color that's appealing, relaxing, and entertaining. Grab some crayons, markers, or colored pencils and print out one of our [printable coloring pages](#).
- **Write a list.** There are all kinds of lists you can write that take time and concentration to put together. You could write a list of tasks that need doing around the house or a list of vacation spots you'd like to

visit sometime. Maybe a silly list with no real purpose would be fun, like making an alphabetical list of people you know.

- **Tackle a new skill.** There are countless activities and hobbies out there to learn and master. Find something that interests you and go for it. Devoting yourself to learning a new skill is sure to keep you feeling busy and focused.
- **Play a video game.** Video games are fun to play by yourself, but nowadays you can play with other people even when you are home alone. There are online game sites and video game systems that allow you to play interactive games with other players.
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- **Find funny videos to watch.** The internet can be a great way to entertain yourself. It's filled with fun videos that will make you laugh. You might get a kick out of cute clips of animals or children or you may prefer watching clips of your favorite comedians. Remember, it's pretty hard to stay bored when you're laughing.
- **Do something silly.** Yes, silly. Shake yourself up a bit but stepping out of your comfort zone and away from your normal activities. Do something that has no real rhyme or reason behind it, like blowing bubbles, singing and dancing to some old Broadway Show tunes, bouncing a ball, taking silly selfies, etc.

Celebrate!

A large graphic featuring the number "100" in red and white. Above the number is a row of black and white portraits of African American men. To the right of the number is the text "FEBRUARY 2026: ONE CENTURY OF CELEBRATING BLACK HISTORY". Below the number is a timeline with two periods: "1926-1976" and "1976-Today". To the right of the timeline is a black and white photo of a young boy holding a newspaper.

100

**FEBRUARY 2026:
ONE CENTURY
OF CELEBRATING
BLACK HISTORY**

1926-1976

For 50 years, the U.S. observed Negro History Week.

1976-Today

For 50 more, we've celebrated Black History Month.

Together, that's **100 years** of honoring Black brilliance, resistance, and legacy.

DIRECTIONS:

Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

HAPPY Valentine's Day

BALLOONS
BANNER
BRUNCH
CHAMPAGNE
CHOCOLATE
COCKTAILS
CRAFTS
FEBRUARY
FLOWERS
FONDUE
FRIENDSHIP
GALENTINE
GAMES
KARAOKE
MOVIES
PARTY
PHOTOSHOOT
POLAROIDS
PRODUCT SWAP
SECRET CUPID
SISTER
SPA
THIRTEENTH
WINE

