

# The Voice

**Baptist Manor --- A Community of Caring**

276 Linwood Avenue

Buffalo, NY 14209

[www.baptist-manor.org](http://www.baptist-manor.org)



## **Charlene's Message**

Welcome to the January 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, January 16th** The office will be closed on Wednesday, Dec. 31<sup>st</sup> and Thursday, January 1st for the New Year's holiday.

First and foremost, thank you to all of our residents for all of the beautiful cards and gifts for Christmas as it was very thoughtful. Also, thank you for donating an overwhelming response for Toys for Tots sponsored by the United States Marine Corps, as they received a overfilled large box able to help families in need. I hope that everyone enjoyed their holiday with their loved ones and had a Merry Christmas or some extra time off to reflect for those who do not observe.

Everyone will be receiving a 2.8% increase in your social security starting Jan 1st. When you receive your new SS Award Letter in the mail, please bring it to the office so we can make a copy for your file. If you receive your bank statements in the mail, save them until your next recertification appointment with Cindy. This will be very helpful in processing your rental recertification.

With the winter season upon us, I want to remind you to never drive behind the Baptist Manor plow truck in the parking lot when we are snowplowing. The driver may not see you. Also, please park your cars straight between the lines so that we can properly remove the snow between them. Please also do not park in front of the building more than 15 minutes as others are waiting for rides as well. Please be mindful to maintenance staff for work orders in the winter as snow and salting is a priority in the morning except for emergency work orders.

**Happy New Years to everyone and here is to 2026 to bring good health and happiness to all!**

**Charlene**

## **DEB'S NOTES**



Please join us!

Wednesday January 14<sup>th</sup>

And

Wednesday January 28<sup>th</sup>

At 2 pm for

Buffalo H.O.P.E.!

Even during the most challenging times and situations, there is always **HOPE**. Please join us for uplifting discussion enriching activities twice a month!!

**Refreshments will be served!**

Sign up by the Community Room Door

**Refreshments will be served**

Please Sign up in the lobby

## **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 1<sup>st</sup> 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

## January Birthdays



<b>Charlotte Young</b>	<b>Apt 63</b>	<b>January 1</b>
<b>Isaiah Rawls</b>	<b>Apt 23</b>	<b>January 1</b>
<b>Denise O'Meara</b>	<b>Apt 88</b>	<b>January 2</b>
<b>Samuel Renford</b>	<b>Apt 115</b>	<b>January 4</b>
<b>Janice Williams</b>	<b>Apt 29</b>	<b>January 4</b>
<b>Melusina Paolini</b>	<b>Apt 44</b>	<b>January 6</b>
<b>Terriss Williams</b>	<b>Apt 129</b>	<b>January 7</b>
<b>Helen Norman</b>	<b>Apt 141</b>	<b>January 8</b>
<b>Sandra Kenner</b>	<b>Apt 57</b>	<b>January 9</b>
<b>Guillermmina Cepeda</b>	<b>Apt 79</b>	<b>January 9</b>
<b>John Marohn</b>	<b>Apt 52</b>	<b>January 10</b>
<b>Ruby Dennis</b>	<b>Apt 39</b>	<b>January 18</b>
<b>Kathleen Seeger</b>	<b>Apt 158</b>	<b>January 19</b>
<b>James Whitehead</b>	<b>Apt 127</b>	<b>January 25</b>
<b>Arlitta Rodriguez</b>	<b>Apt 47</b>	<b>January 26</b>

I HAVEN'T LOST MY MEMORY;  
I'M JUST CLEARING OUT OLD  
FILES!

- AUTHOR UNKNOWN



## **Tip Sheet: Top 10 Healthy New Year's Resolutions for Older Adults**

### **Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats**

In later life, you still need healthy foods, but fewer calories. The USDA's [Choose My Plate program](#), and your healthcare provider, can help you make good choices. Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta.

Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. Include sources of calcium and Vitamin D to help keep your bones strong. Two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.

### **Be active**

Physical activity can be safe and healthy for older adults – even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with

mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood.

### **See your provider regularly**

You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives. At each visit, talk to your provider about all the medications you're taking, and whether or not you still need them. Find out if you should be getting any new or booster immunizations/shots.

### **Quit smoking**

Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking. Additionally, ask your healthcare provider for help. Don't lose hope if you failed to quit in the past. On average, smokers try about four times before they quit for good.

### **Toast with a smaller glass**

Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems.

One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. The recommended limit for older men is no more than 14 drinks per week and for older women, no more than 7 per week.

### Guard against falls

One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Install night lights so it's easier to see at night.

### Give your brain a workout

The more you use your mind, the better it will work. Reading is a good choice. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local library or senior center. Or take a course at your local community college — some offer free classes for adults 65 and older.

### Speak up when you feel down or anxious

About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once

enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.

### Get enough sleep

Older adults need less sleep than younger people, right? Wrong! Older people need just as much – at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening.

### Reconsider multivitamins

Reconsider using vitamins or nutrition supplements, as many older adults do not need them. Consult your healthcare provider if you have any issues or concerns about your nutrition.



# Why Do We Blush?

We have all felt that telltale warmth spread across our cheeks. It can happen when someone compliments us unexpectedly, when we are embarrassed about something, or if we've made some kind of silly blunder. Whatever the case, blushing is usually a response to feeling uncomfortable or uneasy in some way. The reason our cheeks redden in certain situations and not others is often unique to our own individual makeup and experiences.

Although blushing is usually triggered by an emotional response to a situation, it is actually an involuntary physical reaction. We blush when the blood vessels in our face open up and allow more blood to flow into them. The dilation and constriction of blood vessels is regulated by our sympathetic nervous system, which is not under our conscious control.

As much as you might want to, it's impossible to make yourself blush and equally impossible to stop the process once it begins. Some people find the following strategies can help manage blushing.

## Strategies that help with blushing...

- **Stay loose.** Don't worry about blushing. The more anxious you are, the redder you may become.
- **Practice.** Imagine being in the situations that usually make you blush. See yourself remaining calm, cool and collected.
- **Cool it.** When you feel a blush coming on, try drinking a glass of cold water to help cool down your body and regulate your coloring.
- **Breathe.** When you start to feel the heat, relax and take some deep, slow breaths. Breathing evenly and relaxing can help calm the body.
- **Embrace it.** Remember, there is something quite youthful looking about a rosy glow!

