

# *The Voice*

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

*276 Linwood Avenue*

*Buffalo, NY 14209*

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

July, 2025



## ***Charlene's Message***

Welcome to the July 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, July 30th at 2:00 p.m. in the community room. All welcome!

Welcome to our newest residents, Jennifer & Raymond on the 8<sup>th</sup> floor. May you find much happiness in your new home!

If you haven't already, sign up now for our annual backyard BBQ to be held on July 16<sup>th</sup> at 4:00pm. Deadline to sign up is July 1<sup>st</sup>, so sign up today!

Looking for a good book to read while sitting under the shade tree? Check out our vast selection in the library located on the first floor. It is packed with books of all categories. Thank you to our resident, Judy Hamner, for keeping the library organized and updated.

The office will be closed Thursday, July 4th in observance of Independence Day. If you live on the south side of the building, you'll be able to see the fireworks from your very own apartment window. It's one of the perks of living at the "Manor."

The summer officially started June 20th and it's getting off to a glorious start. Our gardens look beautiful, thanks to our wonderful maintenance staff and residents assisting with watering. I also hired a landscaper and added over 100 perennial plants for all around our building including the courtyard.

Hope you have a chance to get out and enjoy them and the beautiful weather!

## **Maintenance**

For Work Orders 716-881-1120 ext. 1

**WATER EMERGENCIES: 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  
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

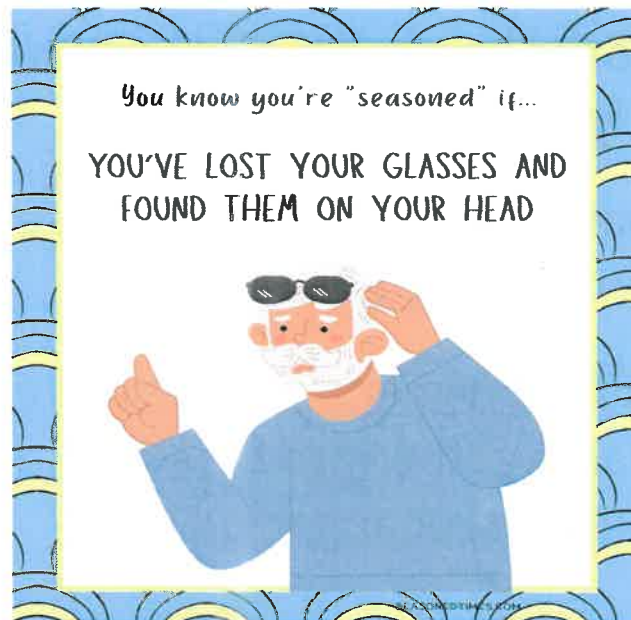
### **Salvation Army**

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

## JULY BIRTHDAYS



<b>Willie Fisher</b>	<b>Apt 46</b>	<b>July 4th</b>
<b>Dorothy Pope</b>	<b>Apt 125</b>	<b>July 4th</b>
<b>Lillie Shuford</b>	<b>Apt 96</b>	<b>July 5th</b>
<b>Burnette Tyler</b>	<b>Apt 89</b>	<b>July 7th</b>
<b>Gary Chatmon</b>	<b>Apt 126</b>	<b>July 11th</b>
<b>Ronald Smith</b>	<b>Apt 149</b>	<b>July 16th</b>
<b>Jennifer Adames</b>	<b>Apt 84</b>	<b>July 21st</b>
<b>Norma J McElrath</b>	<b>Apt 68</b>	<b>July 23rd</b>
<b>Cynthia Goodwin</b>	<b>Staff</b>	<b>July 28th</b>



## **6 activities for seniors who enjoy going out**

Many seniors still enjoy traditional celebrations, such as visiting a relative's or friend's house for a lively barbecue. Others love to see live fireworks in the evening.

## **6 ways to make festive outings senior-friendly**

1. Limit direct sun exposure by seating them in a calm and shady spot.
2. Please bring a light jacket or blanket to keep them warm at night.
3. Standing is tiring. Make sure they always have a comfortable seat that supports their back. Bring a [cushion](#), [portable chair](#), or [wheelchair](#) if needed.
4. Bring their favorite beverages and [encourage them to drink](#) frequently so they stay hydrated.
5. Take regular bathroom breaks to increase comfort and reduce the risk of [accidents](#).
6. For seniors with [Alzheimer's disease](#) or [dementia](#), limit the time spent at large gatherings to [reduce the chances they'll get agitated, anxious, or angry](#).

# **Stuck Indoors? Make the Most of It!**

Experiencing different environments and scenery helps keep life from becoming monotonous. On the other hand, being limited to one place can sometimes become boring and even depressing.

There are plenty of reasons why you might be stuck indoors for an extended period of time. In some instances, there's simply no other option. Fortunately, there are ways to beat the boredom and tedium of being stuck indoors. It is possible to come up with activities and create goals to keep yourself busy and motivated. Here are just a few...

## **A few ideas to keep you busy...**

**Read a good book.** Pick up that book you have always wanted to tackle or listen to an audio version of the story.

**Research a subject or take an online class.** You can find classes and/or information on any subject or pursuit you can imagine via the Internet.

**Find a few websites and/or blogs to follow.** "Google" or "search" any subject and all sorts of sites and blogs will show up. Many offer new content on a regular basis and some ask for your participation.

**Start your own blog.** If you're an expert on a subject or if you have some ideas or thoughts to share, there are bound to be people using the Internet right now who would be interested in what you have to say.

**Write or record your thoughts and memories.** You may end up with something that can be passed on to future generations of your family or even turned into a published book.

**Catch up with friends and family.** Connect via phone calls, video chats, texting, or email.

**Put together a scrapbook or photo album.** Most people in the "seasoned" times of life have lots of print photographs to organize that were taken with real cameras... not phones.

**Enjoy the taste of "comfort food."** Indulge in some of the foods that make you feel warm and cozy... like a grilled cheese sandwich or some old-fashioned baked macaroni and cheese. Of course, the selections available to you may be limited if you have a health issue or your diet is restricted. Many folks feel comforted by a nice bowl



of vegetable soup, which can be prepared with health in mind.

**Listen to your favorite music.** Enjoy some of the tunes from throughout your life that mean something to you and let them take you on a trip down “memory lane.”

**Partake in a little binge-watching.** Start watching the first season of your favorite television show on one of those online streaming services, like Netflix or Hulu. Very often, people become so engaged in a show that they watch multiple episodes in one sitting... and continue watching season after season.

**Become an indoor gardener.** There are many lovely plants and flowers that do very well indoors. It can be quite rewarding to plant a seed and watch it grow.

- ---[Seasonedtimes.com](http://Seasonedtimes.com)

# University Express!

## Healthy Living for Brain and Body

Wednesday July 9<sup>th</sup> at 2 pm

Please join us for a presentation done

by Claire Corwin

of the WNY Alzheimer's Association. Learn about research in the areas of nutrition, exercise, cognitive activity and social engagement. Learn to incorporate these recommendations into building a plan for healthy aging 😊

Refreshments will be served.

Call Deb to sign up 716-881-1120 x 4

