

# *The Voice*

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

*276 Linwood Avenue*

*Buffalo, NY 14209*

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



July, 2026



## *Charlene's Message*

Welcome to July 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, July 20<sup>th</sup> @ 2:00 p.m. in the Community room.* In observance of Independence Day, the office will be closed on Friday, July 3<sup>rd</sup>.

If you haven't already, sign up now for our Annual Resident Backyard BBQ to be held on July 14<sup>th</sup> at

4:00pm. The deadline to sign up is June 26th so sign up today! We will be having a special guest of a Quartet from The Colored Musicians of Buffalo!

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

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 on June 21<sup>st</sup> and it's getting off to a glorious start. Our gardens look beautiful, thanks to our wonderful maintenance staff. Hope you have a chance to get out and enjoy them or go for a lovely walk. Enjoy the summer before it's gone!

**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 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

### **Salvation Army**

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

### **Sewing & Alterations**

Sew Beautiful – Patricia  
Jones 716-380-8310

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

## July, Birthdays



<b>Willie Fisher</b>	<b>Apt 46</b>	<b>7/4</b>
<b>Dorothy Pope</b>	<b>Apt 125</b>	<b>7/4</b>
<b>Lillie Shuford</b>	<b>Apt 96</b>	<b>7/5</b>
<b>Burnette Tyler</b>	<b>Apt 89</b>	<b>7/7</b>
<b>Gary Chatmon</b>	<b>Apt 126</b>	<b>7/11</b>
<b>Ronald Smith</b>	<b>Apt 149</b>	<b>7/16</b>
<b>Norma McElrath</b>	<b>Apt 68</b>	<b>7/23</b>
<b>Cindy Goodwin</b>	<b>Staff</b>	<b>7/28</b>

YOU MAY SAY I'M A DREAMER, BUT I'M  
NOT THE ONLY ONE. I HOPE SOMEDAY  
YOU'LL JOIN US. AND THE WORLD WILL  
LIVE AS ONE.

— JOHN LENNON



SEASONEDTIMES.COM

## **Carpal Tunnel Syndrome** **Easing the Pain**

Pain. Tingling. Burning. Numbness. Weakness. If you experience any of these symptoms in your hands and wrists, you may be dealing with carpal tunnel syndrome (CTS). Millions of Americans have CTS, and aging happens to be a top risk factor for the ailment. You also may be more likely to suffer from carpal tunnel syndrome if you injured your wrist in the past, repeatedly use your fingers for things like typing or playing a musical instrument, are overweight, have arthritis or diabetes, experience hormonal changes, or happen to be a woman. Yes, women are more likely to develop carpal tunnel syndrome than men.

Finding relief from the discomfort of carpal tunnel syndrome is possible. Identifying the best treatment methods will depend upon the severity of your condition and symptoms. If you have hand or wrist pain and numbness, see your doctor to diagnose the cause and evaluate treatment options.

There are several tests your doctor will perform to see if you have carpal tunnel syndrome. He or she may suggest self-care techniques for milder carpal tunnel syndrome symptoms. If your symptoms are more severe or have become debilitating, your doctor may recommend medical treatments, such as prescription medication, injections, surgery, and/or physical therapy.

You don't have to live with the effects of carpal tunnel pain or let them disrupt your life. Below are a few things you can do to help relieve the wrist pain and other discomfort caused by carpal tunnel syndrome. Make sure to discuss them with your doctor.

### **A few helpful suggestions...**

- **Don't overdo it.** Take regular breaks and change position when using a computer keyboard or anything else that might aggravate the condition. Depending upon the severity of your situation, you may want to rest the affected wrist and hand for an extended period of time. Try to use the wrist and hand as little as possible for a couple weeks to give the inflamed tissue a chance to heal.
- **Wear a wrist splint.** Your doctor may suggest wearing a splint to keep your wrist in a neutral position. Using a splint at night can help prevent your wrist from curling during sleep. Make sure to check with your medical team before purchasing a splint of any kind.

- **Follow medical advice.** Make sure to follow any recommendations from your medical team. Your doctor or physical therapist may ask you to perform exercises to improve your condition. For example, there are specific exercises you can do to stretch the wrist and keep it limber.
- **Trying alternative treatments.** With the permission of your doctor and/or physical therapist, you may want to try alternative treatments like acupuncture or chiropractic care. Many people find relief from yoga as well.

## **Breast Cancer... Not Just a Woman's Concern**

- When 62-year-old Robert\* tripped and fell against a doorway, he didn't think much about the stab of pain he felt in his breast. When Robert later noticed a lump under his nipple, he assumed some breast tissue was bruised during the fall. When fluid began seeping from Robert's nipple, he thought the injury must have become infected and so he began dabbing alcohol on his nipple. But Robert was not worried. Not at all. Not even when his nipple became inverted.
- It wasn't until many months later that Robert realized there was any cause for alarm. At his annual skin check, Robert's dermatologist quickly became concerned about the condition of Robert's breast. The doctor immediately sent Robert to the hospital where he was diagnosed with breast cancer.
- Breast cancer is a disease that most people associate with women, but men have breast tissue and they too can fall victim to the disease. Although only about one percent of all breast cancers are diagnosed in men, the risk doesn't seem so small if you... like Robert... happen to be a man included in that one percent.
- The warning signs for breast cancer are the same for men and women. But many men, even some of the most health conscious, are not as familiar with them. It isn't unusual for men to completely ignore the signs that most women are quick to recognize and act upon.
- The good news is that breast cancer is treatable and survivable... for men and women. Early diagnosis can be key. Whenever something seems different about the breast, nipple, or chest area, it is important to see a physician right away. Such changes may signal breast cancer.
- Older age is a risk factor for breast cancer in both men and women. Below are some of the other more common warning signs of breast cancer. They also may be symptoms of other non-cancerous (benign) breast conditions.

## **Warning Signs of Breast Cancer**

- Lump, thickening, or swelling in breast, chest, or underarm areas. Often painless, but may be tender to the touch or even painful.
- Change in shape or look of breast and/or nipple.
- Dimpling or puckering of breast skin.
- Inverted nipple (nipple pulling inward).
- Redness, itching, rash, or scaling on nipple or skin of breast.
- Discharge from the nipple.

# Stay Fit Dining!

## Reminder!

If you are not a regular participant, please **CALL Deb** to order the meals you are interested in, **at least one week in advance.**

Menus will now be posted on the bulletin boards on each floor.

We hope that you will join us!

**Deb 716-881-1120 x 4**