

The Voice

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org

June, 2025



Charlene's Message

Welcome to the June 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, June 25th at 2:00 p.m. in the community room. All welcome!

Finally, it is **SUMMER** or so we hope the weather stays beautiful and full of sunshine. The chairs are out in the courtyard and the awning is up as well for shade. Please be sure to get some Vitamin D for FREE outside. Health tip of the month – Know when to take a break and not do too much, especially in the summer months. This is when dehydration and exhaustion can take a toll on anyone's body. Try to do a little bit each day and always stay hydrated. Sea salt in water is a natural electrolyte for your body instead of Gatorade/Powerade which has extra sugars not needed.

Please also remember to be kind to your neighbors and respect the noise levels even before the noise ordinance city of buffalo hours between 10pm and 7am.

Charlene

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 1st 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

JUNE BIRTHDAYS



Victoria Sapienza	Apt 134	June 2nd
Linda Young-House	Apt 93	June 8th
Austin Tyler	Apt 89	June 11th
Bertha Smith	Apt 85	June 17th
Larry Salley	Apt 143	June 23rd
Cynthia Crouch	Apt 45	June 23rd
Minnie Cramer	Apt 82	June 27th



Getting Enough Vitamin C?

Did your mother make sure you drank your orange juice before heading off to school each day? Lots of us share that memory and many of us still have a glass of O.J. with our morning meal. Mom was right. Vitamin C is important. Our bodies need vitamin C to stay healthy, but our bodies have no way of producing or storing vitamin C. That means we have to make sure we are getting enough through the foods we eat or by taking a vitamin C supplement.

What does vitamin C do for the body? A lot. It is needed for things you might not expect... like the forming and maintenance of muscles, bones, cartilage, and teeth. Vitamin C also helps the immune system work well. It helps the body absorb and store iron. It helps wounds heal. Vitamin C helps the body produce collagen, which is crucial to healthy skin and keeping skin hydrated. It even helps prevent wrinkles.

Vitamin C is an antioxidant. As you are probably aware, an antioxidant is something that helps protect the body from the harmful effects of free radicals, which can play a role in the development of heart disease, arthritis, cancer, and other health conditions.

A healthy, well-rounded diet usually provides the body with enough vitamin C. Lots of fruits and vegetables contain Vitamin C, including citrus fruits, dark leafy vegetables, bell peppers, berries, and cantaloupe. It is best to eat vitamin C-rich fruits and vegetables either raw or steamed, because exposure to light, extended storage, and some forms of cooking can reduce the amount of vitamin C they provide.

For some people, a vitamin C supplement may be recommended by a doctor. Always speak with your doctor before taking any vitamin or dietary supplement. The following are a few tips to help you put a little more vitamin C in your diet.

Simple ways to get more Vitamin C...

- Include a slice of melon and fresh citrus juice with your breakfast.
- Add fresh berries to your cereal and yogurt.

- Keep fruit and cut up veggies along with a healthy dip in the refrigerator for a quick snack.
- When making sandwiches, use dark leafy vegetables or shredded broccoli instead of lettuce. Throw in some tomatoes too, because they contain vitamin C as well.
- Incorporate plenty of vitamin C filled veggies into your meals, like soups, stir-fry dishes, and meatloaf.
- Make your own trail mix with dried fruit rich in vitamin C.
- Freeze slices of citrus fruits for a refreshing treat on a hot summer day.

Laugh... It's Good for You

There's some truth behind the statement "a laugh a day keeps the doctor away." At least, so say quite a few humor and laughter studies. Doctors and other researchers have found evidence that laughter can be helpful with pain management, stress reduction, health, and healing. Laughter has even been linked to blood vessel and heart function.

Exactly how laughter contributes to good health isn't entirely understood. There's more research to be done, but almost everyone agrees... laughing certainly can't hurt and it just may help. In fact, there are no known negative side effects to a good, hearty laugh. And, the best news of all is that laughing is something we can all do for ourselves and share with others.

A few ways to keep laughter in your daily life...

- Adopt a playful, youthful attitude about life.
Imagine you are a character in your favorite sitcom and picture how comical your life might seem then.
- Look at funny photos of yourself or your family and friends.
- When you're feeling tense or down, try putting on a smile or making a funny face. Scientists have found that smiling releases chemicals in the brain that trigger feelings of joy.
- Make yourself laugh. Watch a DVD of your favorite sitcom or search for "funny videos" on YouTube.
- Don't take yourself too seriously. Find humor in your faults and mistakes. Surround yourself with funny people. We can be heavily influenced by the people in our lives. Being around someone with a fun and silly attitude about life can rub off on us.-----**Seasonedtimes.com**

University Express

Emergency Preparedness

Friday June 13th at 2 pm

While everyone is at risk during a disaster or similar emergency, older adults can be especially vulnerable during a disaster or similar emergency. Older Adults can be especially vulnerable during these challenging times.

Please join Erie County employees Pati Aine Guzinski and Frank Cammarata to learn the safety planning steps to consider now, whether you plan to remain at home or evacuated in case of emergency.

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

