

The Voice

Baptist Manor --- A Community of Caring

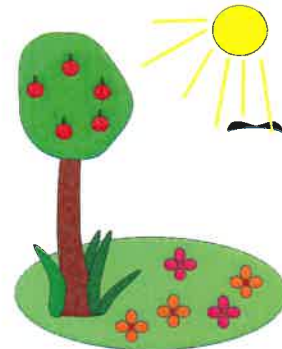
276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org

June

2026



Charlene's Message

Welcome to the June 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, June 5th at 2p.m. in the community room.

I'd like to give a warm welcome to our new resident, Donetta Banks in apt 116, Deb Wright in apt 75 and Malcolm Bradley in apt 111. I wish you lots of joy and happiness in your new home.

It is so nice to see the beautiful weather change, FINALLY! Please enjoy yourselves outside and do not forget.

The parking lot will have new signs up with Buffalo Police enforcement for handicapped resident spots and the 15-minute parking near entrance. Please have any visitors park in the back or they will be ticketed for violators.

Happy Father's Day to our father's, grandfather's & great grandfather's. On Thursday, June 17th, we are looking forward to honoring all fathers in our community with a Father's Day Luncheon. Following the luncheons, there may be a special guest. I hope many of you will be able to attend this special celebration. This is for all residents. You do not need to be a father to attend. Order a lunch with Deb by Friday, June 5th.

Also, Juneteenth Day celebration will be a special luncheon for all who would like to attend on June 18th! Please sign up with Deb by Friday, June 5th. The office will be closed on Friday, June 19th in observance of Juneteenth day.

Below are some inspirational quotes that I hold dear to my heart and wanted to share:

"If there is no struggle, there is no progress."—[Frederick Douglass](#)

"Faith is taking the first step even when you don't see the whole staircase."—[Martin Luther King Jr.](#)

“You can’t separate peace from freedom, because no one can be at peace unless he has his freedom.” —[Malcolm X](#)

“In the end, anti-Black, anti-female and all forms of discrimination are equivalent to the same thing: anti-humanism.” —[Shirley Chisholm](#)

“Whenever I hear anyone arguing for slavery, I feel a strong impulse to see it tried on him personally.” —[Abraham Lincoln](#)

“You may kill me with your hatefulness. But still, like air, I’ll rise.”—[Maya Angelou](#)

Come celebrate with us at an Annual Resident’s Summer Backyard BBQ on Tuesday, July 14th at 4:00pm. I am pleased to announce that I was able to reserve the Jazz Quartet to play for us from The Colored Musicians of Buffalo! They will be performing from 4pm – 6pm with our catered meal from Chiavetta’s, a chicken dinner. Sign-up sheets are posted on each floor. Hope to see you there!

I hope you’re able to get outside this summer and enjoy each beautiful day to the fullest.

Charlene



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

Household Items

Watkin's Sales Assoc. –
Helen Westmoreland
716-725-6158

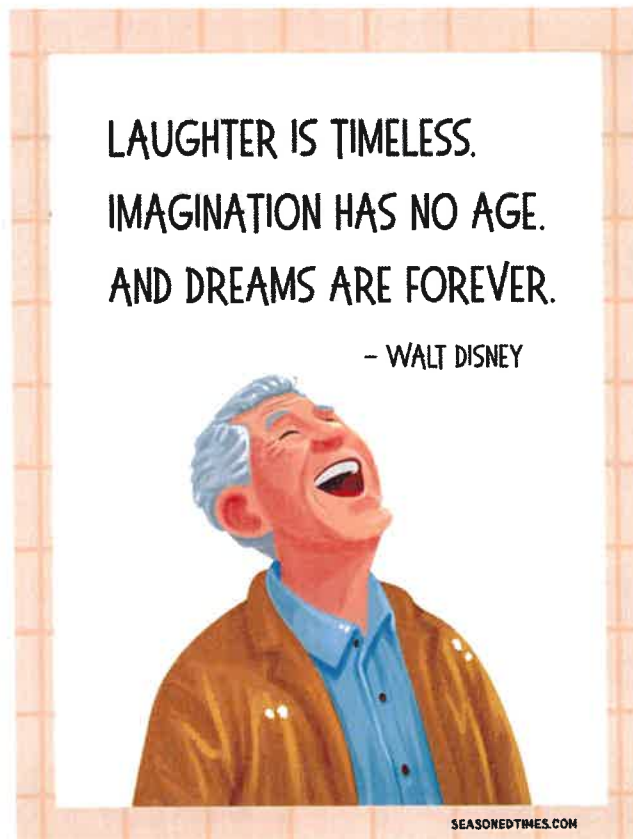
Laundry Services

Aladdin Dry Cleaning
716-835-1707

JUNE, 2026 BIRTHDAYS



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



LAUGHTER IS TIMELESS.
IMAGINATION HAS NO AGE.
AND DREAMS ARE FOREVER.

- WALT DISNEY

Volunteering is Good For You

As some people reach their seasoned years, they are surprised to find they have more free time on their hands than ever

before. There are lots of things older folks can do to fill free time. One of the most rewarding is by volunteering. Volunteering is a great way to use your life experiences to benefit others. It gives you a chance to have a positive impact in your community and make a real difference in other people's lives.

Not only does volunteering give you the opportunity to help others, it can enhance your own life as well. A genuine sense of accomplishment and fulfillment comes hand-in-hand with the experience of volunteering. Knowing you're doing something productive and worthwhile with your free time can be extremely rewarding and heartwarming. Plus, volunteering gets you out of the house, helps you stay active, gives you a chance to meet new people, and can be surprisingly fun.

In addition, volunteering is good for your health and wellbeing. Scientific and medical studies have shown that volunteering can help seniors maintain better brain function and cognitive abilities. When you stop to think about it, that makes sense. Volunteering keeps your brain active and keeping the brain active is known to help deter the onset of Alzheimer's disease and dementia. Volunteering also keeps the body active and keeping the body active helps support good health, increase mobility, improve balance, build a stronger defense against disease, and foster longevity.

Tips for Becoming a Volunteer

- **Research before committing.** Find out what types of volunteer opportunities are available in your local area. Look for organizations dealing with causes or issues that are important to you or significant in your life. The more enthusiastic you are about the outcome of your volunteer

efforts, the more satisfying and rewarding your experience will be.

- **Reflect upon your skills.** Think about your experience and knowledge and how your skills might be put to good use. Look for a volunteer opportunity that is a good fit for your unique abilities. Also look for something you think you would enjoy and find fulfilling.
- **Be realistic.** Determine how much time you can actually commit to volunteering. Look for an opportunity that fits your availability and schedule. You may want to start out volunteering a couple of hours a week to see how the responsibility fits into your life. You can always increase your time commitment as you move forward.
- **Stop by first.** Visit the organization where you intend to volunteer before confirming your commitment. Take a good look around. Check out the environment where you will be volunteering and the people you will be working with to get a sense of how well you will fit into the fold.
- **Be proud of what you offer.** Be prepared to introduce yourself and explain your background and qualifications. Just as a company looking to hire an employee wants to find the best person for a job, an organization looking to fill a volunteer position also wants to find the right individual for a volunteer position.

Take Care in Extreme Summer Heat

There's a lot to love about summer. But the high temperatures that come with summer can be hazardous to our health, especially as we get older. Lots of things change about our bodies as we age. One of those things is how well our bodies are able to adjust to extreme temperature changes in the environment. Older bodies do not adjust to heat as quickly as younger bodies and have to work a lot harder to cool down in hot weather. That means those of us in our "seasoned" years have to pay attention, and be careful, when temperatures spike.

Extreme heat can be dangerous for anyone, but the older we get the more vulnerable we become to heat-related issues like dehydration, heat exhaustion, and heat stroke. The human body becomes dehydrated when it is losing more fluid than is being consumed. When dehydrated, a body doesn't have enough fluid to function normally. Dehydration is common in older people. The ability to detect thirst declines with age, which means we can't always depend on thirst to tell us when we need to take in more fluid. It's important not to wait until we're thirsty to drink a nice tall glass of water on a hot day.

If our bodies are already struggling to adjust to extreme heat and become dehydrated as well, it can very easily lead to heat exhaustion, a condition that happens when the body's temperature rises too high. If heat exhaustion is allowed to go too far, it can lead to heat stroke and heat stroke is very serious. In fact, heat stroke can be fatal. Symptoms of heat exhaustion and heat stroke are listed below.

As we get older, we must be vigilant about protecting ourselves and take good care of our bodies when summer temperatures rise. We have to pay attention to weather reports and heed heat-advisory warnings. We have to remind ourselves not to push our bodies in hot weather. We have to remember how our bodies have changed and keep in mind that it's may not be smart or safe to do some of the things we used to do on hot summer days in our youth. And we have to know the signs to look for that may signal a heat-related problem and recognize when medical attention is needed.

HEAT EXHAUSTION

What to look for...

Heavy sweating
Cold, pale, and clammy skin
Tiredness or weakness
Dizziness
Headache
Fainting (passing out)
Fast, weak pulse
Nausea or vomiting
Muscle cramps

What to do...

Move to a cool place
Loosen your clothes
Put cool, wet cloths on your body or take a cool bath
Sip water
Get medical help right away if you are throwing up, your symptoms get worse, and/or your symptoms last longer than one hour

HEAT STROKE

What to look for...

High body temperature (103°F or higher)
Hot, red, dry, or damp skin
Fast, strong pulse
Headache
Dizziness
Nausea
Confusion
Losing consciousness (passing out)

What to do...

Call 911 right away. Heat stroke is a medical emergency

Move the person to a cooler place
Help lower the person's temperature with cool cloths or a cool bath
Do not give the person anything to drink



Buffalo Juneteenth 2026!

Honoring the Past

Serving the Present

#BuffaloJuneteenthStrong

Saturday June 13th

Sunday June 14th

Martin Luther King Jr. Park

CULTURE **HISTORY** COMMUNITY

Juneteenth of Buffalo is approaching a major milestone, a half century of celebrating freedom, resilience, and the rich cultural heritage of Buffalo's Black community.

As we approach this historic weekend, we will not forget the deep roots in Buffalo—born from the efforts of dedicated community leaders, artists, and activists who saw the importance of commemorating Juneteenth not just as a moment in history but as a living, evolving testament to Black excellence and unity.

PRIDE **REFLECTION** UNITY

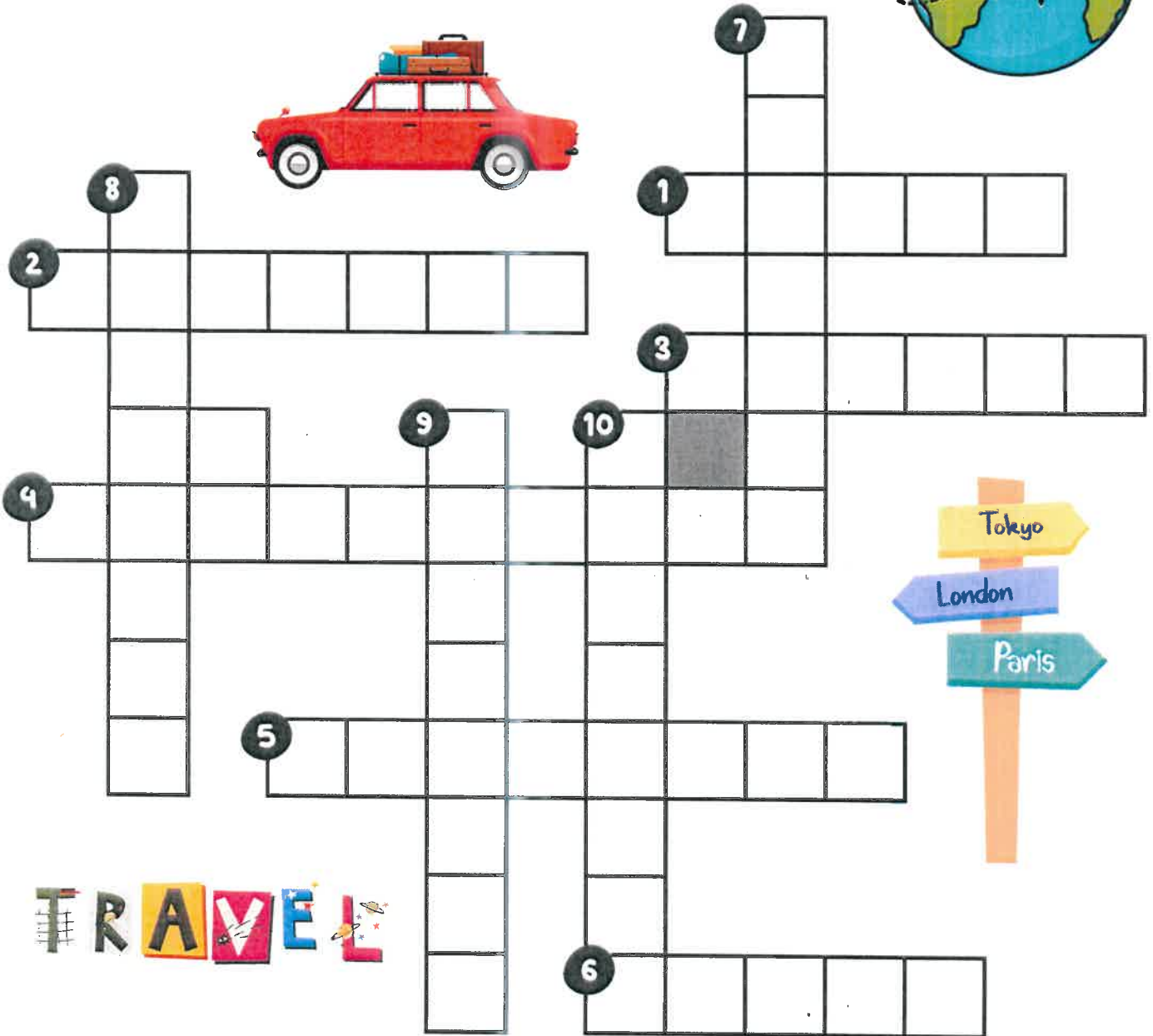
Don't miss this moment of excitement!



JUNETEENTH
FREEDOM DAY

TRAVEL FUN

COMPLETE THE CROSSWORD WITH WORDS RELATED TO TRAVEL.



ACROSS

1. PERSON WHO SHOWS TOURISTS AROUND
2. DAY SET ASIDE TO CELEBRATE, RELAX, OR TRAVEL
3. PROVES PAID PERMISSION TO ENTER
4. WHERE CUSTOMERS DINE
5. POPULAR TRAVEL BAG
6. TO COACH OR TEACH



DOWN

7. SOMEONE VISITING FOR PLEASURE
8. SOMETHING PURCHASED TO REMEMBER A PLACE
9. CARRIES PERSONAL POSSESSIONS
10. CERTIFIES IDENTITY



