

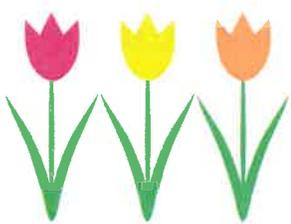
The Voice

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org



Charlene's Message

Welcome to the March 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 Monday, March 20th @ 2:00 p.m. in the community room.

Well even though the ground hog saw his shadow and there will be 6 more weeks of winter, that just means Summer will be amazing!!!

Well you know what that means, time for spring cleaning and to "Spring Forward" to change the clocks for daylight savings on March 8th and sunshine on the way ☺

Please be mindful in your apartment and take a look around. Remember, if you find any type of insect inside your apartment, kill, capture, and place it in an envelope and bring

to the office or call the office and we'll come to you. The worst bedbug problem is the one you don't report.

Together we can keep our community pest free! DO NOT keep quiet and self-treat. Let us hire professionals.

Once again, I am reminding you about cleaning behind stoves and refrigerators. Your appliances should be moved at least once per year to perform cleaning. The maintenance staff will move your appliances (for no charge) so that cleaning can be performed. Call the office to schedule this. If you're unable to do the cleaning, the office can have maintenance do this for a small fee. Periodic cleaning will help keep ants and other pests away.

One last point is to remember how strong everyone is in their own way. Instead of talking gossip about someone or someone's business, I will remind you to treat others how you would like to be treated. Let us all empower each other and help spread kindness instead of pushing someone further down. No one knows what we each go through on a daily basis and a smile can lead to such positivity on a rainy day for a person. Instead of getting into the gossip, try to take up a new hobby or try out a new activity. We have folk singing on March 18th @ 2pm, or our new workout class on March 9th with Kim.

If you want to just sit and watch the activity then you are more than welcome and do not have to participate. I welcome everyone to come down and try a new activity to welcome spring and find something new, change can be a good thing.

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 1st 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

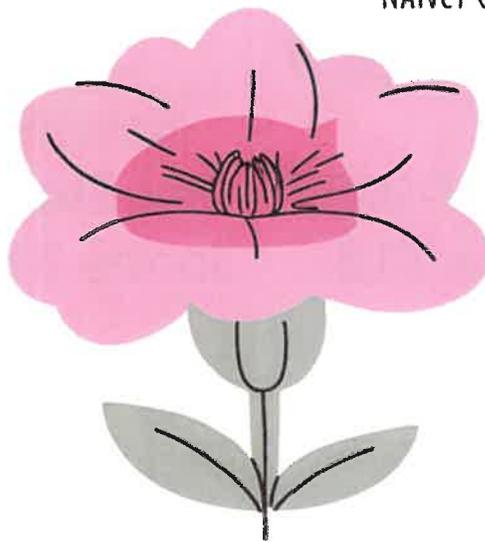
March, Birthdays



William Petty	Apt 62	3/1
Gloria Allen	Apt 78	3/2
Patrick Smith	Apt 157	3/7
Elizabeth Wolasz	Apt 106	3/7
Belinda Arrington	Apt 38	3/9
Vivian Coram	Apt 121	3/9
Alene Smith	Apt 33	3/10
Michael Clark	Apt 71	3/19

IT'S FUNNY HOW THINGS CHANGE
SLOWLY, UNTIL THE DAY WE REALIZE
THEY'VE CHANGED COMPLETELY.

- NANCY GIBBS



The Struggle of Living with Chronic Pain

It's difficult to understand what it's like to live with chronic pain unless you've experienced it. Unless you've lived with it, it's impossible to really understand what it feels like to be in pain every minute of every day... with no respite and no escape. It is inescapable, and it can be torturous. Sadly, it is also a fact of life for far too many of us.

Those of us living with chronic pain have to find own ways to exist with the constant pain while continuing to live our lives without letting the pain take over. It's an individual journey that we each must negotiate in our own way. It is often a personal solo journey, because what helps one person cope with pain may not work as well for someone else.

If you are living with chronic pain, please know you are not alone and please do not stop trying to find effective ways to continue living well and enjoying life despite living with constant pain.

Here are a few tips from folks living with chronic pain. We hope you find them helpful.

A few helpful tips..

- **Find a medical professional specially trained in pain management.** As much as your primary care doctor may want to help, he or she might not have the understanding, experience, or "know how" necessary to make a positive difference in your life as a victim of chronic pain. Chronic pain can't be measured in a lab or identified on a scan. There are intricacies to pain that are puzzling and perplexing to physicians who are not familiar with chronic pain issues. That's why there are doctors who are pain management specialists and highly-trained experts in the field.
- **Don't stop moving.** It's normal and natural to want to sit still when you're in pain, but that may not be the best thing for you. In fact, it could make your pain worse. It's vital to speak with your pain management specialist (doctor) about any activities and actions you should avoid and which ones might actually help. Simply incorporating some gentle exercise into

your life might be beneficial. Many studies suggest that chemicals released in the body during exercise can influence pain signals to the brain. Any everyday activities that involve some type of movement are actually forms of exercise, like walking, gardening, dusting, and gardening. Dancing is a fun way to move the body and it is something we can do in our own way and at our own speed. Just make sure not to overdo it in a way that may amplify your pain issues.

- **Avoid repetitive motions.** Tasks that involve the same action over and over can worsen or ignite pain. Typing is a good example of something many of us do that involves repetitive motions. There are plenty of others you might not think of... like the repetitive motions of painting a wall or cleaning the kitchen counter. Think about some of the tasks in your daily life that may involve the same action again and again. Try to avoid or limit them as much as possible, and make sure to take frequent breaks while engaged in repetitive activities.
- **Change positions often.** Sitting or standing for long periods without moving can exacerbate pain. Make sure to move around every now and then. If you are sitting watching television, get up during commercials and walk around the room. If you spend long periods typing on your computer keyboard, make yourself take a break at least once every hour and do some gentle stretching.
- **Accept that some people may not "get it."** If someone has never lived with constant pain, that person has no idea what it is like and may not be able to imagine, comprehend, or relate to what you go through on a daily basis. Remember, pain is not something people can see. It is invisible to other. If you look healthy, other people tend to assume you feel fine... even if they know you suffer with chronic pain. They may say something like "You must be feeling better, you look great" simply because you do not look like you are suffering. These folks mean well. They really want you to "feel better." They don't realize how much effort it takes to "appear normal" when you are living with constant pain. They don't know that "appearing normal" probably means you had to "lay low," restrict your activities, and perhaps take medication just to appear normal or to show up at whatever event the two of you be attending. For someone living with chronic pain, there may be days when something as simple as lunch out with friends is impossible.

Toothpaste Deserves More Credit

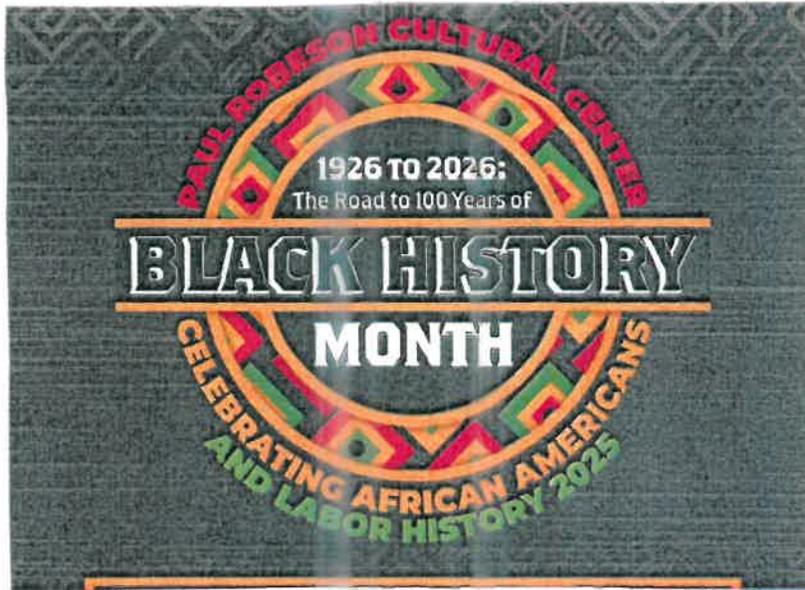
You probably have a favorite brand of toothpaste. You like the way it tastes and how clean your teeth and mouth feel after you use it. Like most people, you probably think about toothpaste only when the time arrives to brush your teeth with it. But there are other times when toothpaste should come to mind, because some good old fashioned toothpaste (not the gel stuff) can accomplish a whole lot more than just keeping teeth clean and healthy!

A few other things you can do with a little toothpaste...

- **Remove scuff marks from your shoes and sneakers.** Just a little toothpaste on the scuffed up area can make it disappear. For shoes, put some toothpaste on a soft cloth and rub. For sneakers, do the same but with a soft toothbrush. Clean off the toothpaste with a clean, damp cloth. Like magic, no more scuffs! Of course, if your shoes are leather, always test first in an inconspicuous spot (always a good idea whenever trying something new) and be very conservative with the amount of water you use.
- **Make a diamond sparkle brightly.** Put a little toothpaste on a damp soft toothbrush. Then gently clean your diamond. Run a little water over the diamond to get rid of excess toothpaste and dirt. Always make absolutely sure your sink drain is shut! Nobody wants a diamond going down the drain!
- **Polish dingy silver.** Toothpaste can help make dingy silver shine again. Toothpaste can be used safely on just about anything made of silver, from eating utensils to jewelry. Rub a little on the item, rinse, and buff dry. (If unsure, test an area first)

- **Remove hair color dye stains from skin.** Whether your hair color is applied by a professional in a salon or you do it yourself at home, hair color dye can leave traces behind on skin along your hairline. Simply wash the area with a little toothpaste and you may be surprised how easily your skin returns to its usual shade. Far faster than with regular facial soap!
- **Care for your nails.** Toothpaste can clean your nails, help make them shinier, and perhaps even strengthen them. Put some toothpaste on a soft toothbrush and scrub away. Rinse well and you are ready to apply your usual nail products. Don't forget to get in underneath the tips of your nails too!
- **Relieve discomfort from insect bites.** Some people find that a tiny drop of toothpaste rubbed into an insect bite helps stop its itchiness and/or sting.
- **Remove unwanted crayon art from painted walls.** Put some toothpaste on a damp rag or old toothbrush and scrub gently. Rinse the area with a clean, wet rag and crayon marks should disappear.

Celebrate!

A graphic celebrating the 100th anniversary of Black History Month. It features a large "100" with the top half in orange and the bottom half in white. The background is a collage of historical Black Americans. A young boy in the foreground is shouting and holding a newspaper. The text "FEBRUARY 2026: ONE CENTURY OF CELEBRATING BLACK HISTORY" is on the right. A timeline at the bottom is divided into two periods: 1926-1976 and 1976-Today.

100

FEBRUARY 2026:
ONE CENTURY
OF CELEBRATING
BLACK HISTORY

1926-1976

For 50 years, the U.S. observed Negro History Week.

1976-Today

For 50 more, we've celebrated Black History Month.

Together, that's **100 years** of honoring Black brilliance, resistance, and legacy.



ST. PATRICK'S DAY WORD SEARCH



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Irish
Emerald
Clover
Lucky'
Ireland

Parade
Leprechaun
Patrick
Gold
Rainbow

Pot
Shamrock
Green
Saint
March