

The Voice

May, 2024

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org



Martha's Message

Welcome to the May 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, May 13th @ 2:00 p.m. in the community room.***

I would like to give a warm welcome to our new residents Norma McElrath, Joann Evans, Dominica Santiago and Daniel Calderon. I hope you find happiness and comfort in your new home.

For those of you with air-conditioner window units, the cost will remain the same this year - \$25 each for installation in the spring and take-out in the fall. Additional electric cost is \$20 per month for each month the a/c is installed. A/C's must be installed and removed by Baptist Manor staff. The cost for window washing also remains the same - \$25 for all windows in the apartment. Please place a service request for a/c installation and/or window washing with the office.

The quarterly bedbug inspections last week revealed no bed bugs!! However, they did find grain beetles in some apartments. If you find these in your apartment, inspect and discard any infested products in your cupboard or pantry in tightly sealed bags. Vacuum and clean shelves thoroughly. Contact the office for an inspection to determine if an extermination treatment is necessary.

Saturdays Fruits and Vegetables give-away and Bread delivery on Sunday are cancelled starting April 27th until further notice due to the infestation of the grain beetles in the building.

Rich recently caught (again) two guys in the building giving away what they say are free phones. These phones are not free. Once you activate the phone, many charges will be added on. The police were contacted, and they were told not to return. If any of you see any solicitors in the building, please contact staff immediately. Don't be a victim. We have a strict No Solicitation Policy here.

I wish all the ladies a Happy Mother's Day and invite you to join us on Wed, 5/8 at noon for a special lunch and entertainment by Nan Hoffman and Joe Tumino.

We will be sprucing up the gardens this month. Hope you're able to get out and enjoy them.

Martha

Deb's Notes



University Express!

During the month of May, we are fortunate to have four different University Express classes scheduled here at Baptist Manor.

Wednesday May 15th at 2 pm

Self Defense for Seniors

Taught by Sister Judith Beiswanger, a retired teacher, and Sister of St. Francis, we will learn how to be aware of our surroundings and techniques to help protect ourselves. Sr Judith earned her Black Belt in Tae Kwon Do at age 60!

Tuesday May 21st at 10 am

Introduction to Reiki

Join us to learn about Reiki. Found commonly in Yoga and Meditation practices, Reiki can be used to “center” ourselves in stressful times. Reiki can be used with Modern Medicine and Counseling to enhance our overall wellness. Reiki Practitioner Victoria Szymula of Excelsior Orthopedics will inform us.

Wednesday May 22nd at 2 pm

Easy Acrylic Painting

Whether you are looking to unwind, explore a new hobby, or simply enjoy the therapeutic benefits of art, this class is designed for you. Just bring your enthusiasm and we'll supply the rest! Lisa Saunders, Erie County Senior Services Senior Outreach Clerk will facilitate the endeavor.

Wednesday May 29th at 2 pm **What is Memory and how to Keep it!**

Taught by Dr. Thomas Rosenthal MD, this class will be interactive and will demonstrate components of memory creation. Memory exercises and the role of new medications will be explored. You will gain tricks to improve your memory and hurdle those “senior moments!”

To participate, Please RSVP to **Deb** by calling

716-881-1120 x 4

Maintenance News



Hello Folks,

We recently replaced a water pump, which feeds water through the building. This may cause low pressure in some faucets and toilets. If you notice this, please contact the office and we will correct the problem asap.

We recently had a very bad clog in our plumbing which resulted in water backup in a couple rooms on the 1st floor. It was caused by sanitary wipes being flushed down the toilet. Even though the wipes container states “flushable”, they are not flushable. Please only flush toilet paper.

Rich

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 st 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	Mary Kay Cosmetics Mary Thomas 716-931-9152
Household Items Watkin's Sales Assoc. – Helen Westmoreland 716-725-6158	Sewing & Alterations Sew Beautiful – Patricia Jones 716-380-8310
Laundry Services Aladdin Dry Cleaning 716-835-1707	

MAY BIRTHDAYS



Queen Woodson	Apt 104	May 3rd
Joseph Sparacio	Apt 21	May 7th
Anna Banks	Apt 76	May 8th
Shirley Watts	Apt 119	May 9th
Rita Herner	Apt 59	May 10th
Douglas Goston	Apt 144	May 11th
Isa Wallace	Apt 151	May 14th
Eva Farmer	Apt 122	May 15th
Enrique Mendez	Apt 107	May 16th
Patrick White	Apt 37	May 21st
Michael Flanagan	Staff	May 22nd
Edwin Merkt	Apt 67	May 26th
Richard Prebis	Staff	May 27th

THERE'S ONLY ONE THING MORE
PRECIOUS THAN OUR TIME, AND
THAT'S WHO WE SPEND IT ON.

— LEO CHRISTOPHER



SEASONEDTIMES.COM

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.

Tips for Protecting Your Back



Backs can be a pain! Not always, but more and more the older we get. It's easy to do something in just the wrong way to wrench your back and end up in pain for days. But it isn't always one particular thing you do or don't do that causes back pain. Very often, it is an accumulation of many things... including years of wear and tear.

Not all back pain can be avoided and the odds of experiencing back issues increase as we get older. But there are things we can do to protect and strengthen our backs that will help minimize the impact of aging on our backs and help prevent back injuries.

It's always wise to have a conversation with your doctor about the back safety measures that are best for you. And it's crucial to let your doctor know if you are suffering with back pain, because there are many effective ways to address back pain. Many studies have been done on how best to protect the back. Researchers have studied how the things we do, as well as how we do them, affect the back. They've come up with better ways to stand, walk, sit, lift, bend, etc. The findings from most of these studies are available online.

We've compiled a few general steps we can all take to help protect our backs.

A few ways to protect your back...

Maintain a healthy weight. We are listing this tip first because, for many of us, it can be the most difficult. Just a few extra pounds, especially around the midsection, can actually cause changes in body dynamics that can lead to back pain. Extra weight also can aggravate existing back pain caused by other issues. It's a good idea to try to stay within 10 pounds of the ideal weight recommended by your doctor.

Be aware of your posture. Over time, poor posture takes a toll on the body and can actually cause damage to the spine. So don't just plop down on a chair and get comfy. Don't just shuffle along without thinking about how you're using your body. Instead, think about your posture while sitting, walking, and standing. Try to distribute your body weight evenly, hold your head up, keep your back straight, relax your shoulders, and pull in those abdominal muscles. It may be a lot to think about, but it can be very helpful.

Be careful lifting. Lifting is one of the most common causes of back pain. Don't just grab something and pick it up. Take a moment to think about the best way to lift the item and protect your back, especially when it's something on the heavier side. Bending over to pick up a heavy object is never a good idea. It is best to bend your knees and squat to lift an object. Keep the weight of the object close to your body and use your stomach and leg muscles to do the work. And never twist your body while

lifting.

Stay as active as possible. The human body is meant to move, not remain stationary for long periods of time. In fact, the body requires movement to keep working as it should. Movement keeps blood flowing. It keeps muscles and joints loose and limber. It strengthens the body's core, which supports the spine. Try to include some regular physical activity in your daily life. And don't sit in one spot too long without taking a break to get up, stretch, and move around.

Think about how you sleep. Invest in a good mattress and pillow. We spend a lot of our lives in bed sleeping. What we sleep on and how we position our bodies while we sleep can impact the spine. Sleeping on your back is often recommended to protect the back, because lying on the stomach can throw the spine out of its natural position and put stress on the back. When turning over in bed, it is important to avoid twisting the body. Try to tighten the muscles in your core and move the body as one solid unit not a bunch of separate parts.

Don't carry a bag over one shoulder. It is far better for the body to carry something with its weight evenly distributed across the body than to have all the weight concentrated in one area of the body. One shoulder tends to take on a lot of the work when it comes to carrying handbags, briefcases, computer bags, and other hanging bags. To distribute a bag's weight more evenly, the bag should have a long strap that can be worn diagonally across the body so the bag is not hanging straight down from the shoulder.

-----Seasoned Times



