

The Voice

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org



Charlene's Message

Welcome to May 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, May 11th @ 2:00 p.m. in the Community room.

In observance of Memorial Day, the **office will be closed on Monday, May 25th.**

I would like to give a warm welcome to our newest residents Donetta Banks and Deb Wright. I hope you find happiness and comfort in your new home.

With the summer months approaching and 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. Additionally, the electricity 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 to schedule this as the calendar fills up quickly.

Please remember when laundering your clothes to not forget about your wash. Set a timer for on your cell phone or timer in your apartment. More frequently, residents and/or aides are becoming more forgetful to change/pick up their wash. It is not the next resident's responsibility to change your laundry for them to be able to wash their clothes. It is not fair to others in the building as we are lucky to have this amenity. This

is a friendly and neighborly reminder, and I thank you for your understanding in advance.

Also, there is absolutely **No Solicitation** especially for religion and political purposes. This had to be reinforced a couple of times recently. This is a federal HUD building, and no soliciting is allowed for any reason.

On May 1st, Latacha will be hosting an event in the Community room for Mother's Day from 3pm-7pm. She will be selling purses, clothing, jewelry, shoes and sunglasses. She will also be selling homemade baked goods as well.

I also want to wish all the ladies a Happy Mother's Day and invite you to join us on **Thursday, 5/7 at 12pm** for a special lunch and entertainment by Nan Hoffman and Joe Tumino.

We will be adding flowers to our courtyard garden and entrance this month to get ready for summer! Hope you're able to get out and enjoy them.

Charlene

Summer is on the way!!

It may be difficult to imagine now....

but sooner or later

it is gonna get **Hot!**

Do you have a **medical condition**
that is made worse by **Heat** or **Humidity**?

Do you receive **Food Stamps**?

If so, you may qualify for a **free Air Conditioner**

From the **HEAP** Cooling Program.

Interested?

Call **Deb** for details

716-881-1120 x 4

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

May Birthdays



Joseph Sparacio	Apt 21	5/7
Anna Banks	Apt 76	5/8
Shirley Watts	Apt 119	5/9
Rita Herner	Apt 59	5/10
Douglas Goston	Apt 144	5/11
Isa Wallace	Apt 151	5/14
Eva Farmer	Apt 122	5/15
Enrique Mendez	Apt 107	5/16
Patrick White	Apt 37	5/21
Edwin Merkt	Apt 67	5/26

**True friends are the
people who make you
laugh louder, smile
brighter, and live
better.**

- Author Unknown



SEASONS4TIMES.COM

When You Don't Know Anyone in the Room

Who hasn't walked into a party or event, looked around, and realized there isn't one familiar face in the crowd? The first reaction may be to turn around and run, but it might be worth sticking around. Although the situation may feel a little uncomfortable at first, it could become an opportunity to meet some really interesting people and even make a couple new friends.

It's quite natural to feel awkward when surrounded by people you've never met. Most of us feel at least a tad uneasy about facing a room full of strangers. The most challenging part about socializing with new people is usually trying to find a way to start a conversation that feels genuine and not forced or artificial.

Here are a few ideas you may find helpful the next time you find yourself in a social situation that requires you to mix in with new people.

A few helpful suggestions

Be prepared. It's always a good idea to have a few general conversation starters in mind before attending any social event. Brush up on current events. Find a couple topics most people will have heard about and then come up with an opening question on the subject to kick off the conversation. You can always use the weather as a starting point.

Read body language. If you approach a group of people, see if they seem accommodating before jumping into their discussion. See if anyone smiles at you or if the group opens up a spot for you to join them. If the people seem closed off, move on. It doesn't mean they're unkind or unfriendly, they may simply be focused on their conversation.

Don't interrupt the flow. It's important to listen before you jump into a conversation that's already in progress. Simply listen for a while. Look interested, but wait until there's a natural pause in the conversation before joining in. Make sure to say something or ask a question related to what is being discussed. Don't try to take the conversation in a whole new direction unless the current topic is wrapping up.

Open with a positive remark. In almost every situation, you can find a positive observation to offer as a conversation starter. Perhaps something about the beautiful surroundings or the delicious food being served. In fact, staying as positive as possible throughout a conversation with new people is bound to make you come across as approachable and friendly.

Ask open-ended questions. If you'd like a conversation to continue, try to refrain from asking questions requiring a simple 'yes or no' answer. Instead, make inquiries that invite detailed explanations and encourage people to contribute information that may lead to further dialogue. If you receive an answer that supplies little for you to build upon, simply follow up with another question related to the first. Open-ended questions typically begin with "what, why, when, how," etc.

SUMMER WORD SEARCH

FIND THE HIDDEN WORDS OF THE SUMMER.

S U N S H I N E N T C S
U A R O L C I L G H H A
M T W R C E J E A A I N
M I B K A C C M U N S D
E V I E G R A O Y U U C
R I K B L E F N N A N A
C T I E D A S A R A S S
A Y N A E M A D E A C T
M P I C N I C E A D R L
P O O H F F R I S B E E
G O I E G G N O P K E I
F L I P F L O P S A N A

POOL

PICNIC

SUNSHINE

BEACH

ICE CREAM

SUMMER CAMP

BIKINI

LEMONADE

SUNSCREEN

FRISBEE

FLIP FLOPS

SANDCASTLE



SOLUTION PROVIDED AT BACK OF BOOK

ONE OF A KIND

FIND THE ONE HAT THAT HAS NO TWIN



SOLUTION PROVIDED AT BACK OF BOOK

Reversing Prediabetes Could Slash Heart Disease Risk

According to new research, people with prediabetes who lower blood sugar to normal levels cut their heart disease risk in half.

EXPLORE THIS TOPIC

Key Takeaways

- New research on people with prediabetes investigated whether bringing down blood sugar levels could lower the negative effects on heart health.
- Normalizing blood sugar levels halved the risk of dying early from heart disease or being hospitalized for heart failure.
- These findings underscore that reversing prediabetes not only prevents type 2 diabetes, it also protects against heart disease.

Millions of people in the United States are living with elevated blood sugar levels, a condition known as [prediabetes](#), and may not even realize it.

Not only are they in danger of developing diabetes, they are also at increased risk of heart disease.

New research published in the medical journal *The Lancet* has found just how powerful achieving normal blood sugar through diet and exercise can be at reducing the odds of heart complications.

"It's the first international analysis to show that when people with prediabetes bring blood glucose back into the normal range, their long-term risk of [heart attack](#), heart failure, and premature death is about cut in half," says [Andreas L. Birkenfeld, MD](#), lead study author and professor in the department of diabetology, endocrinology, and nephrology at University Hospital Tübingen in Germany.

"What this adds to the field is a shift from 'we encourage lifestyle change' to 'we can aim for a measurable remission target,'" he says.

Heart Health Risks Cut in Half by Achieving Prediabetes Remission

In a joint analysis from two large diabetes prevention studies in the United States and China, Dr. Birkenfeld and a team of researchers set out to analyze whether lifestyle adjustments in people with prediabetes also helped protect heart health in the long-term.

Using data from more than 2,400 participants with prediabetes, researchers tracked participants in the United States for 20 years and in China for 30 years.

They found that those who successfully normalized their blood sugar levels through [diet](#), exercise, or a combination of both reduced their risk of dying from heart disease by roughly 50 percent, compared with those whose blood sugar levels remained elevated. In addition, the group that achieved normal blood sugar levels had a significantly lower risk of being hospitalized for heart failure than the group that didn't bring their blood sugar levels to a normal range.

"The practical takeaway is: Even slightly high [blood sugar levels](#) can translate to significant risk of cardiovascular disease or heart failure," says [Scott D. Isaacs, MD](#), president of the American Association of Clinical Endocrinology and medical director at Atlanta Endocrine Associates in Georgia. "Knowing your exact numbers and working with your doctor to normalize glucose is the best way to reduce risk."

What Is Prediabetes, and Can You Reverse It?

Prediabetes is defined as having blood sugar levels that are higher than normal, but not high enough to be [diagnosed with diabetes](#).

It often goes unnoticed because most people have no obvious symptoms, Birkenfeld says. “Occasionally some people may notice signs like darkened skin in certain areas, but screening [during a medical checkup] is really how it’s usually found,” he explains.

Healthcare practitioners strive to help patients achieve prediabetes remission by getting blood sugar levels back down to [a normal range](#) — typically between 70 and 99 milligrams per deciliter (mg/dL) when fasting.

As Isaacs points out, prediabetes is reversible for many people with an intensive lifestyle intervention program that aims to reduce progression to type 2 diabetes.

“The most effective strategies, based on the original U.S. Diabetes Prevention Program (DPP), are a structured weight reduction of about 7 percent of initial body weight through nutrition counseling and calorie reduction; at least 150 minutes per week of moderate-intensity physical activity such as brisk walking; and ongoing behavioral support and coaching to help people maintain these lifestyle changes over time,” he says.

A Potential New, Measurable Target for Health Disease Prevention

According to the research team, the new findings could help make [prediabetes prevention](#) a clear goal with remission as its aim.

“I’d emphasize the mindset shift,” Andreas says. “Prediabetes care shouldn’t be framed only as ‘Try not to get diabetes.’ Our data support anchoring remission as a primary treatment goal — because it’s measurable, motivating, and tied to outcomes people care about: avoiding major cardiovascular disease and living longer.”

The research analysis, which relies on data from two earlier trials, has some limitations. This kind of study, for instance, can’t firmly establish a cause-and-effect

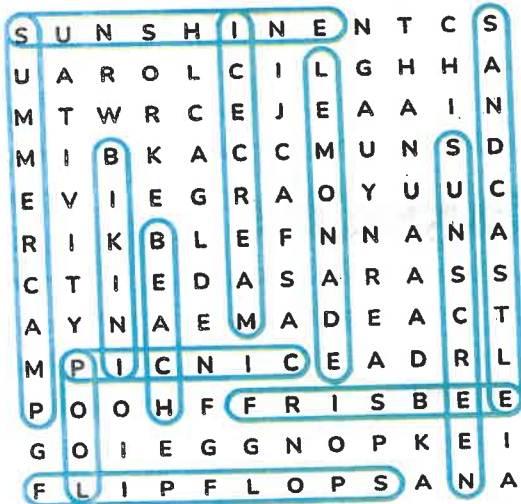
relationship between normalized blood sugar levels and reduced heart disease risk. "People who achieved prediabetes remission could differ in unmeasured ways — such as motivation, comorbidities, access to care — from those who did not," Isaacs says.

But the findings are promising, and the research team is currently looking into follow-up studies to better understand which patients benefit the most from which prediabetes remission tactics — whether diet quality, weight loss, [physical activity](#), or specific combinations.

"If remission cannot be achieved with lifestyle measures alone, our findings also raise the question of whether additional tools, including medication, should be considered for some individuals," Birkenfeld says.

SOLUTIONS

SUMMER WORD SEARCH



ONE OF A KIND

