The Voice

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org

November, 2026



Charlene's Message

Welcome to November, 2026 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 Friday, November 6th @ 2:00 p.m. in the Community room.

Please let the office know if you would like a copy of "The Voice" in large print. We will be happy to accommodate you.

I would like to welcome our newest residents, Jarvis Lewis – 104, Anita Mendes/Bella Mendez – 73, and Carleto Green - 35. I hope you find happiness and comfort in your new home.

Remember, you must **never use your oven for heat and portable electric heaters are not allowed for fire/safety**

hazards. This is a serious lease violation. It's very important that your curtains are not hanging low in front of your heating vents. This is an extreme fire hazard. The area in front of the baseboard heating vents should be clear of personal belongings to maximize the flow of warm air of at least 6-12 inches. If you feel your heat is not working properly, please contact the office. If you tend to get cold easily, I suggest you layer your clothes and wear something on your feet inside your apartment or extra blankets for comfort.

Veterans Day is **November 11th**. We honor our military veterans for their service to our country. We salute our heroes for the sacrifices they made for our nation. May God forever bless our service men and women. Please join us at a Veterans Day special luncheon on Tuesday, November 10th at 12pm. Sign up in the community room by November 3rd.

We have a strict "No Solicitation" Policy here. Please report to the office anyone going door-to-door selling, distributing political/religious materials or taking up collections.

Daylight Savings Time ends on Sunday, November 1st. Turn your clocks back one hour.

The office will be closed on Thursday & Friday, November 26th & 27th in recognition of Thanksgiving Day.

Try to remember how thankful we truly are ☺

Happy Thanksgiving to all!

Charlene

Maintenance

For Work Orders 716-881-1120 ext. 1

EMERGENCIES (toilet/leaks): 716-983-1711

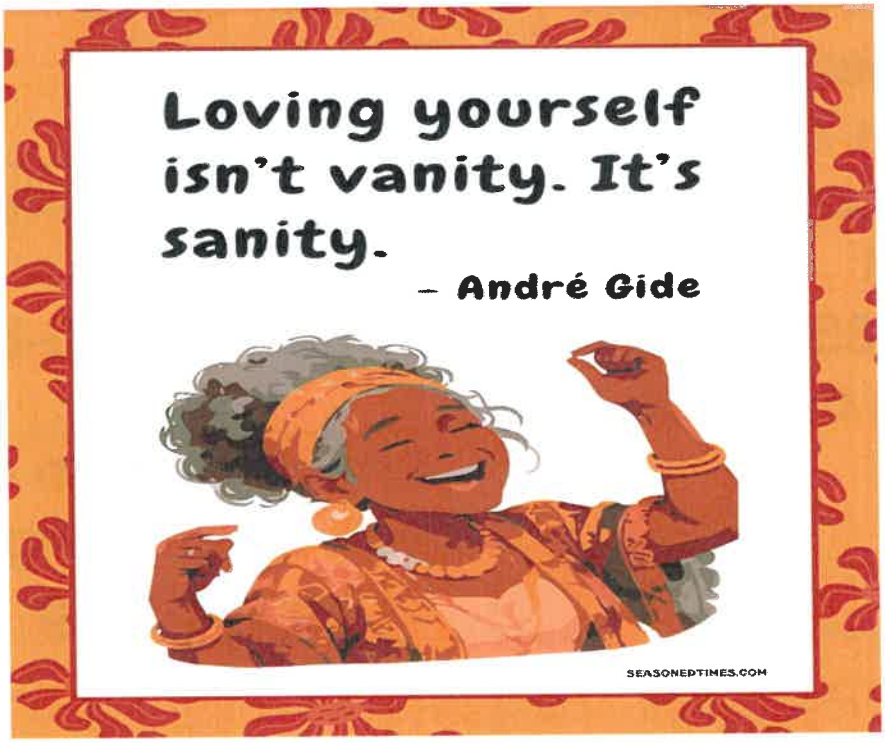
SERVICES

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 Going Places Van 716-858-7433 Call 716-858-RIDE for groceries or Doctor's appt	**Salvation Army** Buffalo Office- 716-886-5772 **Sewing & Alterations** Sew Beautiful – Patricia Jones 716-380-8310 **City of Buffalo** -Call 311- Pick up anything w/cord-broken/working

November, Birthdays



James Vernon	Apt 24	11/3
Kathleen Sharpe	Apt 54	11/6
Joann Evans	Apt 112	11/7
Brenda Farmer	Apt 105	11/13
Joyce Dade	Apt 69	11/15
Ruby Young	Apt 58	11/20
Daryl Jones	Apt 101	11/24
Petra Castro	Apt 154	11/28



The Art of Sharing Constructive Criticism

Nobody wants to hear "you've got something in your teeth." But, if you're the one with something obviously wedged in there for the whole world to see, wouldn't you want your friend or loved one to let you know? Most of us would.

Friends and loved ones who really care about each other want the best for each other. Sometimes, wanting the best for someone means being honest about things that might be uncomfortable or even difficult for the person to hear.

Honesty can anchor a relationship, but that doesn't mean being honest is easy. The good intentions that go along with being honest do not always receive the hoped for positive response. Honest observations can be viewed as criticism, and it's easy to take criticism personally. Even a seemingly harmless comment about something like food in someone's teeth, a spot missed when shaving, or smudged lipstick can be met with anger and hurt. Why? Because, even if well intended, such a comment may be perceived as insulting, disapproving, or condemning. It may feel like a personal affront.

Providing unsolicited constructive criticism is one of the most delicate and challenging dances in a relationship. The well-intentioned message can become eclipsed by the words you use or how you say them. Delivery matters.

The next time you offer a friend or loved one a bit of constructive criticism, take time to think before you speak. Share the information in a way that reflects your love and compassion and leaves the person feeling fortunate, if not overjoyed, to have received your input.

Helpful tips for sharing constructive criticism...

- **Be discerning.** Share critical observations only when they are needed and beneficial to the recipient. Make sure you are providing the information for all the right reasons. Use constructive criticism only to improve someone's life and self-image. There are plenty of things in the world that whittle away at our self-esteem. Don't be one of those things in the life of someone you love.

- **Make sure change is possible.** Only offer constructive criticism about something the person has the power to influence or change. There is no upside to pointing out something negative that's beyond someone's control.

- **Think about who you are addressing.** Consider the person you are dealing with and how he or she might react. If someone is shy and/or insecure, tailor your message accordingly. Be cautious and gentle. Think about how your friend or loved one might react before you say anything. Give yourself a chance to find the right approach.

- **Be mindful of your tone of voice.** The tone of your voice should reflect the compassion and sincerity behind your message. Use a tone of voice you would feel comfortable hearing if your friend or loved one shared the same message with you.

- **Smile, show empathy, and use encouraging body language.** A caring smile will help lighten any subject and can keep a critical observation from feeling demeaning or painful. Expressing empathy and letting your friend or loved one know that you've been in a similar situation can help put that person at ease. Nodding your head, leaning in, and keeping your body open without crossing your arms or legs are all encouraging signs that show you are not being judgmental.

- **Offset the negatives with positives.** Hearing something good first can make it a whole lot easier to hear something else that may not be as positive or easy to take in. Try to begin and end your conversation with something positive. For example, someone might have food stuck in their teeth but that person may also have a really great smile!

- **Always respect people's privacy.** Never tell a friend or loved one something that might be embarrassing or upsetting in front of an audience. If it's something you feel certain the person should hear immediately, pull the individual away from the group and share the news out of earshot.

- **Be specific about your message.** Focus on the cause for whatever it is you are sharing with your loved one or friend. You don't want your message coming across as being critical of

your loved one or friend as a person. You don't want someone to read more into your message than is actually there. By being specific, you can make sure your loving, positive intentions are conveyed and understood.

- **Keep it short.** Say what you have to say and move on. Do not keep harping on the same issue or heap on any additional observations or appraisals. "You've got something in your teeth" says it all. Maybe it would be helpful to let the person know the exact spot where the "something" is impacting his or her smile, but that is all you really need to share at that moment.

Carpal Tunnel Syndrome Easing the Pain

Pain. Tingling. Burning. Numbness. Weakness. If you experience any of these symptoms in your hands and wrists, you may be dealing with carpal tunnel syndrome (CTS). Millions of Americans have CTS, and aging happens to be a top risk factor for the ailment. You also may be more likely to suffer from carpal tunnel syndrome if you injured your wrist in the past, repeatedly use your fingers for things like typing or playing a musical instrument, are overweight, have arthritis or diabetes, experience hormonal changes, or happen to be a woman. Yes, women are more likely to develop carpal tunnel syndrome than men.

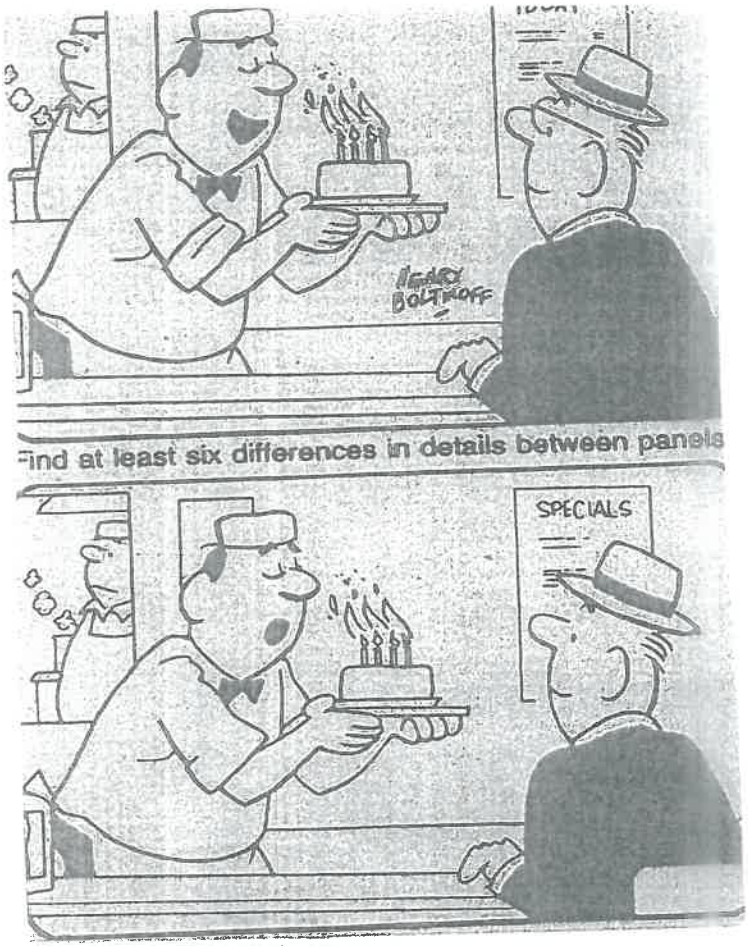
Finding relief from the discomfort of carpal tunnel syndrome is possible. Identifying the best treatment methods will depend upon the severity of your condition and symptoms. If you have hand or wrist pain and numbness, see your doctor to diagnose the cause and evaluate treatment options.

There are several tests your doctor will perform to see if you have carpal tunnel syndrome. He or she may suggest self-care techniques for milder carpal tunnel syndrome symptoms. If your symptoms are more severe or have become debilitating, your doctor may recommend medical treatments, such as prescription medication, injections, surgery, and/or physical therapy.

You don't have to live with the effects of carpal tunnel pain or let them disrupt your life. Below are a few things you can do to help relieve the wrist pain and other discomfort caused by carpal tunnel syndrome. Make sure to discuss them with your doctor.

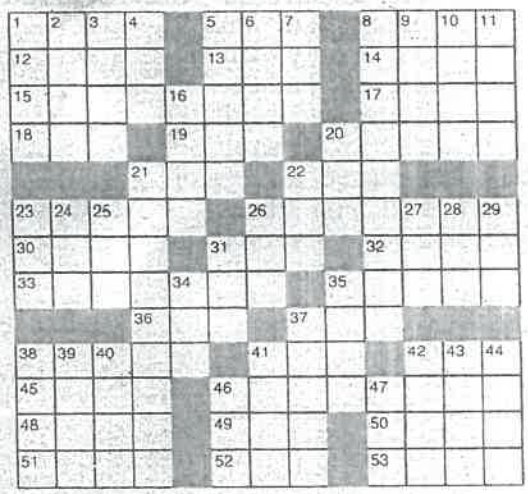
A few helpful suggestions...

- **Don't overdo it.** Take regular breaks and change position when using a computer keyboard or anything else that might aggravate the condition. Depending upon the severity of your situation, you may want to rest the affected wrist and hand for an extended period of time. Try to use the wrist and hand as little as possible for a couple weeks to give the inflamed tissue a chance to heal.
- **Wear a wrist splint.** Your doctor may suggest wearing a splint to keep your wrist in a neutral position. Using a splint at night can help prevent your wrist from curling during sleep. Make sure to check with your medical team before purchasing a splint of any kind.
- **Follow medical advice.** Make sure to follow any recommendations from your medical team. Your doctor or physical therapist may ask you to perform exercises to improve your condition. For example, there are specific exercises you can do to stretch the wrist and keep it limber.
- **Trying alternative treatments.** With the permission of your doctor and/or physical therapist, you may want to try alternative treatments like acupuncture or chiropractic care. Many people find relief from yoga as well.



Find at least six differences in details between panels

King Crossword



ACROSS

1 Use a squeegee
5 ACLU concerns
8 Oodles
12 Valhalla VIP
13 — Jima
14 Slightly
15 Reveals by accident
17 California valley
18 LAX and JFK overseer
19 Bad spell
20 Playful sea critter
21 Young bloke
22 Used to be
23 Skewered Thai recipe
26 Beach robes
30 Four Corners st.
31 Gearwheel tooth
32 Barrett or Jaffe
33 Pond floater
35 Unclothed
36 Long lunch?
37 Tier
38 Teapot feature
41 Binge
42 Hiatus
45 Galley gear
46 Legendary gossip columnist
48 Vicinity
49 Soul, to Sartre
50 Eager
51 Drudge
52 PX patrons
53 Trawler gear

DOWN

1 Wild canine
2 Concept
3 Pocket bread
4 Em halves
5 Ticked off
6 Candy sold in twos
7 Soak (up)
8 Breaking point
9 Final notice
10 Clock reading
11 Swizzle
16 Horse-drawn carriage
20 Klutz
21 Revolving tray
22 Witty one
23 Bando of baseball
24 "Exodus" hero
25 Up to
26 Massachusetts cape
27 Fine, to NASA
28 Compass dir.
29 Blue
31 Taxi
34 Impose
35 Eggy drinks
37 Demolishes
38 Daytime drama
39 Rid of rind
40 Sweet sandwich
41 Rock's Hendrix
42 Donate
43 Bickering
44 Profs' degrees
46 Trail the pack
47 "Sheesh!"

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MAGIC MAZE

ANIMALS FOUND IN THE SAHARA

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: LARGE FLIGHTLESS BIRD

Baboon
Cobras
Crocodiles
Eagle owls
Gerbil
Grogs
Guinea fowl
Hedgehog
Hyena
Jackal
Mongoose
Oryx
Ravens
Snails
Weasel

Weekly SUDOKU

	1	9			8		7	
4		8		5	1	9		6
	6	2	9	4			3	
6		4		1	2	3		
		1	4		5			8
			8					2
			5		6	2	8	
8	2	6		7		5		4
		5		8				

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine

ANSWERS ON BACK

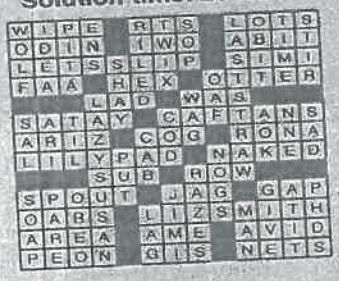
Differences: 1. Word is different. 2. Glasses are missing. 3. Sleeve is different. 4. Hat is larger. 5. Back of stool is added. 6. Mouth is different.

GAME ANSWERS

King Crossword

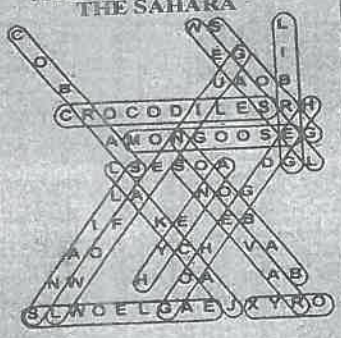
Answers

Solution time: 23 mins.



Puzzle on page four.

ANIMALS FOUND IN THE SAHARA



Puzzle on page nine.

Weekly SUDOKU

Answer

3	1	9	6	2	8	4	7	5
4	7	8	3	5	1	9	2	6
5	6	2	9	4	7	8	3	1
6	8	4	7	1	2	3	5	9
2	9	1	4	3	5	7	6	8
7	5	3	8	6	9	1	4	2
1	4	7	5	9	6	2	8	3
8	2	6	1	7	3	5	9	4
9	3	5	2	8	4	6	1	7

Puzzle on page nine.